



Dream Yoga

Consciousness, Astral Projection, and the Transformation of the Dream State

Samael Aun Weor

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of the Dream State



Collected from the Writings of
Samael Aun Weor

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Editor's Introduction

This small collection of writings offers practical guidance from the ancient, universal knowledge of awakening in the Internal Worlds, otherwise known as Dream Yoga, lucid dreaming, Astral projection, Astral travel, or out-of-body experiences (OBEs).

The purpose of this book is to empower you with the understanding and skills necessary to acquire your own direct experience of the worlds that exist beyond three-dimensional matter. As such, this is a teaching of Gnosis, a Greek word which refers to knowledge that one acquires through one's own experience, as opposed to knowledge we have heard or been told. "Gnosis" is the name of a timeless and universal teaching that has been present in many times and places around the world, appearing with different names and faces, but always teaching the exact science to awaken the consciousness.

This book offers the essential instructions so that anyone, anywhere, regardless of any distinctions, may enter into their own direct knowledge of the living realities that surround us, yet remain inaccessible to the physical senses.

It is natural to our consciousness to dream and imagine, yet these are merely the seeds of a greater ability that anyone can develop. In Asian traditions, this science is called Dream Yoga, derived from the Sanskrit root "yug," which implies "to join" or "unite." Dream Yoga teaches how to take advantage of the dream state and utilize it for our spiritual advancement.

Although interest in this subject is growing, there are many people who have been frustrated in their attempts to have their own personal experience of the internal worlds. Reading books or attending seminars usually leaves the seeker with more questions, doubts, and contradictions. To those persons, we offer the following quote:

"We have given many clues in order to consciously travel with the Astral Body, so thousands of students have learned to travel in their Astral Body. However, we have seen in practice that those people who cannot quiet the mind, not even for an instant, who are accustomed to hopping from school to school, from lodge to lodge, always inquiring, always preoccupied, are not able to consciously astral travel." - Samael Aun Weor, The Aquarian Message

Therefore, understand that this is a scientific, practical, and rigorous effort of working with the consciousness. Information is only useful when it is utilized in the right way. We need Right Effort.

The average person faces two tremendous obstacles when investigating the nature of dreaming and out-of-body experiences: 1) a lack of effective methods, and 2) their own mind.

With this book in hand, you have conquered the first step: here you will find a series of exercises whose potency has been confirmed by thousands of students. These are not mere theories: they are formulae that lead to exact results.

When you put these techniques into activity, the real work begins: the transformation of your own mind. This starts with the awakening of your consciousness here and now, in the physical world, from moment to moment. Without the effort to be consciously awake from moment to moment, Dream Yoga is impossible. Said another way, the techniques in this book will work for anyone who is making the effort to become consciously awake from moment to moment. But for those who remaining dreaming from moment to moment, all day and all night long, these techniques can do nothing. To awaken consciousness, we must stop dreaming, and this must be in each moment.

“When we are in the physical world, we must learn to be awake from moment to moment. We then live awakened and self-conscious from moment to moment in the internal worlds, both during the hours of the sleep of the physical body and also after death.” - Samael Aun Weor, The Elimination of Satan's Tail

In other words, if you learn how to awaken your consciousness here and now, then naturally you will awaken consciousness in the Internal Worlds. In this way, we make steady progress in the elimination of suffering, the understanding of the mysteries of life and death, and the fulfillment of our true reason for being.

Consciousness

People confuse consciousness with intelligence or with intellect, thus they qualify a very intelligent or intellectual person as a very cognizant person.

Undoubtedly—and without fear of deceiving ourselves—we affirm that within a human being the consciousness is a very particular means of apprehending internal knowledge and is completely independent of any mental activity.

The faculty of consciousness facilitates the knowledge of ourselves.

The consciousness grants us the integral knowledge of what is, where it is, what is really known, and what is certainly ignored.

Revolutionary psychology teaches that only the individual by himself can know his own self. Yes, only we ourselves can know if we are or are not cognizant at any given moment; only by oneself can one know about one's own consciousness, and whether it was active or not at any given moment.

Only the individual by himself—and nobody but himself—can become aware at any given instant, at any given moment, if before that instant, if before that moment, he was not really cognizant, that his consciousness was very asleep. Thereafter, he will fall asleep again and forget that experience, or will keep it as a memory, as the memory of a strong experience.

It is essential to know that the consciousness within rational animals is not a continuous or permanent entity. Normally, the consciousness within these intellectual animals mistakenly called humans sleeps profoundly; thus, the moments in which their consciousness is awake are seldom, very seldom. Yes, intellectual animals work, drive cars, marry, die, etc., with their consciousness totally asleep, and it awakens only in very exceptional moments.

Sadly, the life of present human-like people is a life of dreams, yet they believe they are awake and will never admit that they are dreaming—that is, that their consciousness is asleep.

If any of them were to suddenly awaken, he would feel terribly ashamed of himself, he would immediately comprehend his clownishness, his own buffoonery, since this life is frightfully ludicrous, horribly tragic, and seldomly sublime.

If a boxer in the middle of a fight was to unexpectedly awaken—covered in shame—he would see the entire fascinated public and then—before the astonishment of the sleeping and unconscious multitudes—he would flee from the horrible spectacle.

When a human being admits that he has his consciousness asleep, you can be sure that he has already begun to awaken.

The reactionary schools of old-fashioned psychology that deny the existence of the consciousness—and that even declare the term useless—reveal a most profound state of sleep. The henchmen of such schools snooze very profoundly within an utterly infraconscious and unconscious state.

Those who confuse the consciousness with psychological functions, i.e. thoughts, feelings, motor impulses and sensations, are indeed very unconscious: they are profoundly asleep.

Those who admit the existence of the consciousness, and nonetheless, utterly deny the different degrees of cognizance, reveal their lack of cognizant experience, that is, they reveal their sleeping consciousness. Any person who—even for a brief moment—awakened his consciousness, knows very well by his own experience that different degrees of observable consciousness exist within oneself, namely:

First: time; how long did we remain cognizant?

Second: frequency; how many times have we awakened our consciousness?

Third: amplitude and penetration; what was one cognizant of?

Revolutionary psychology and the ancient *Philokalia* affirm that the consciousness can be awakened and made continuous and controllable by means of a special kind of super-effort.

A fundamental education has as its objective the awakening of the consciousness. It is worthless to expend ten or fifteen years of study in school, college, and university if upon completion of our studies we are sleeping automatons.

It is no exaggeration to affirm that—by means of great effort—intellectual animals can become cognizant of themselves for a brief couple of minutes; nonetheless, it is clear that, in regard to cognizance, there exist remarkable exceptions that we must seek with the lantern of Diogenes. These remarkable cases are represented by authentic human beings such as

Buddha, Jesus, Hermes, Quetzalcoatl, etc. Yes, these founders of religions possess continuous cognizance: that is, they are great, enlightened men.

Commonly, people are not cognizant of themselves, yet have the illusion of being cognizant in a continuous manner; this illusion is due to memory and all the processes of thought. For example, any individual who practices a retrospective exercise in order to remember their entire life, can truly recall, remember the number of times they married, how many children they begot, who their parents were, their teachers, etc. However, this does not signify the awakening of their consciousness; this is simply the remembrance of unconscious actions, and that is all.

Here, it is necessary to repeat what we have stated in former chapters. There are four states of consciousness:

1. Sleep
2. Vigil state
3. Self-cognizance
4. Objective cognizance

The wretched intellectual animals mistakenly called humans live only in two of these states, since they expend one half of their life in their bed sleeping and the other half in the wrongly called "vigil state," which indeed is a sleepwalking state. Yes, the individual who in bed sleeps and dreams believes that he awakens by merely returning to the vigil state, but he continues dreaming, because for him the vigil state is indeed a sleepwalking state. This is similar to daybreak: the stars seem to hide when the sun rises, yet they continue to exist even when the physical eyes cannot perceive them.

In normal life, the populace knows nothing about self-cognizance, and much less about objective cognizance. Nevertheless, people are proud and everyone thinks that they are cognizant of themselves. Yes, intellectual animals firmly believe that they have cognizance of themselves and they would never accept—under any circumstances—being told that they are actually asleep and that they live unconscious of themselves.

Exceptional moments exist when the intellectual animal awakens, but these moments are very rare. This awakening can occur in an instance of great danger, or during an intense emotion, or in some new circumstance, or in some new, unexpected situation, etc. Nonetheless, it is indeed a disgrace that the intellectual animal does not have any control over those fleeting

states of awakened consciousness, and that he cannot evoke them in order to make them continuous.

Nevertheless, these fundamentals of Gnostic education affirm that any individual can acquire control over his consciousness and thus attain self-cognizance. Yes, this revolutionary psychology has methods, scientific processes, to awaken the consciousness.

The Awakening of Consciousness

It is necessary to know that humanity lives with its consciousness asleep. People work asleep. People walk through the streets asleep. People live and die asleep.

When we come to the conclusion that the entire world lives asleep, then we comprehend the necessity of awakening. We need the awakening of the consciousness. We want the awakening of the consciousness.

Fascination

The profound sleep in which humanity lives is caused by fascination.

People are fascinated by everything in life. People forget their Selves because they are fascinated. The drunkard in the bar is fascinated with the alcohol, the place, the pleasures, his friends and the women. The vain woman in front of a mirror is fascinated with her own glamour. The rich avaricious person is fascinated with money and possessions. The honest worker in the factory is fascinated with the hard work. The father of the family is fascinated with his children. All human beings are fascinated and sleep profoundly. When driving a car we are astonished when we see people dashing across the roads and streets without paying attention to the danger of the running cars. Others willfully throw themselves under the wheels of cars. Poor people... they walk asleep; they look like sleepwalkers. They walk asleep, endangering their own lives. Any clairvoyant can see their dreams. People dream with all that keeps them fascinated.

Sleep

During the physical body's sleep, the ego escapes from it. This departure of the ego is necessary so that the Vital Body can repair the physical body. However, in the internal worlds we can asseverate that the ego takes its dreams into the internal worlds.

Thus, while in the internal worlds the ego occupies itself with the same things which keep it fascinated in the physical world. Therefore, during a sound sleep we see the carpenter in his carpentry shop, the policeman guarding the streets, the barber in his barbershop, the blacksmith at his

forge, the drunkard in the tavern or bar, the prostitute in the house of pleasures, absorbed in lust, etc. All these people live in the internal worlds as if they were in the physical world.

During his sleep, not a single living being has the inkling to ask himself whether he is in the physical or astral world. However, those who have asked themselves such a question during sleep, have awoken in the internal worlds. Then, with amazement, they have been able to study all the marvels of the superior worlds.

It is only possible for us to ask such a question of ourselves in the superior worlds (during those hours of sleep) if we accustom ourselves to ask this question from moment to moment during the so-called vigil state. Evidently, during our sleep we repeat everything that we do during the day. Therefore, if during the day we accustom ourselves to asking this question, then, during our nocturnal sleep (while being outside of the body) we will consequently repeat the same question to ourselves. Thus, the outcome will be the awakening of the consciousness.

Remembering Oneself

The human being in his fascinated trance does not remember his Self. We must Self-remember our Selves from moment to moment. We need to Self-remember our Selves in the presence of every representation that could fascinate us. Let us hold ourselves while in front of any representation and ask ourselves: Where am I? Am I in the physical plane? Am I in the Astral Plane? Then, give a little jump with the intention of floating within the surrounding atmosphere. It is logical that if you float it is because you are outside the physical body. Thus, the outcome will be the awakening of consciousness.

The purpose of asking this question at every instant, at every moment is with the intention of engraving it within the subconsciousness, so that it may manifest later during the hours given to sleep, hours when the ego is really outside the physical body. You must know that in the Astral Plane, things appear just as they are here in this physical plane. This is why during sleep, and after death, people see everything there in a form very similar to this physical world. This is why they do not even suspect that they are outside of their physical body. Therefore, no dead person ever believes himself to have died because he is fascinated and profoundly asleep.

If the dead had made a practice of remembering themselves from moment to moment when they were alive, if they had struggled against the

fascination of the things of the world, the outcome would have been the awakening of their consciousness. They would not dream. They would walk in the internal worlds with awakened consciousness. Whosoever awakens the consciousness can study all the marvels of the superior worlds during the hours of sleep. Whosoever awakens the consciousness lives in the superior worlds as a totally awakened citizen of the cosmos. One then coexists with the great hierophants of the White Lodge.

Whosoever awakens the consciousness can no longer dream here in this physical plane or in the internal worlds. Whosoever awakens the consciousness stops dreaming. Whosoever awakens the consciousness becomes a competent investigator of the superior worlds. Whosoever awakens consciousness is an illuminated one. Whosoever awakens the consciousness can study at the feet of the master. Whosoever awakens the consciousness can talk familiarly with the Gods who initiated the dawn of creation. Whosoever awakens the consciousness can remember his innumerable reincarnations. Whosoever awakens the consciousness can consciously attend his own cosmic initiations. Whosoever awakens the consciousness can study in the temples of the great White Lodge. Whosoever awakens the consciousness can know in the superior worlds the evolution of his Kundalini. Every perfect matrimony must awaken the consciousness in order to receive guidance and direction from the White Lodge. In the superior worlds the masters will wisely guide all those who really love one another. In the superior worlds the masters give to each one that which one needs for his inner development.

Complementary Practice

Every Gnostic student, after waking from their normal sleep, must perform a retrospective exercise based on the process of their sleep, in order to remember all of those places they visited during the hours of sleep. We already know that the ego travels a great deal; it goes towards where we have physically been, repeating all that which we have seen and heard.

The masters instruct their disciples when they are out of the physical body.

Therefore, it is urgent to know how to profoundly meditate and then practice what we have learned during the hours of sleep. It is necessary not to physically move at the time of waking up, because with the movement, the Astral body is agitated and the memories are lost. It is urgent to combine the retrospective exercises with the following mantras:

RAOM GAOM

Each word is divided into two syllables. One must accentuate the vowel O. These mantras are for the student what dynamite is for the miner. Thus, as the miner opens his way through the bowels of the earth with the aid of dynamite, similarly, the student also opens his way into the memories of his subconsciousness with the aid of these mantras.

Patience and Tenacity

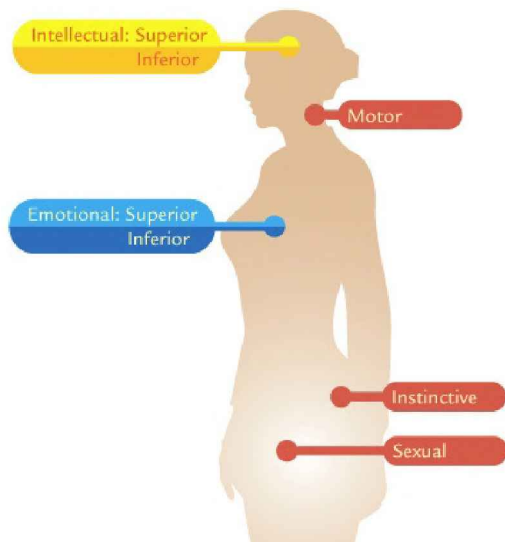
The Gnostic student must be infinitely patient and tenacious because powers cost a great deal. Nothing is given to us for free. Everything has a price. These studies are not for inconsistent people, nor for people of fragile will. These studies demand infinite faith.

Skeptical people must not come to our studies because occult science is very demanding. The skeptics fail totally. Thus, skeptical people will not succeed in entering the Heavenly Jerusalem.

On Dreams

Gnosis teaches that the modern, decadent psychology of the western hemisphere is ignorant of the various kinds of dreams that exist.

Dreams have a diverse and specific quality, for they are closely related to each of the psychic centers of the human body.



In fact, we do not exaggerate when we state that most dreams are linked to the motor-instinctive center. That is, they are the echoes of everything we see during the day: simple sensations and motions—a mere Astral repetition of our daily life.

Some experiences of an emotional type, such as fear—which harms humanity so much—usually fit in those chaotic dreams of the motor-instinctive centers as well.

There are, then, emotional, sexual, intellectual, motor, and instinctive dreams.

The more important dreams, the inner experiences of the Being, are associated with the two centers: the Superior Emotional and the Superior Intellectual.

Dreams related to the superior centers are certainly interesting. Their main feature is what we could call a Dramatic Array.

Now then, if we think of the Ray of Creation, the Superior and Inferior centers, and the influences descending through the cited Cosmic Ray, we must admit that some luminous vibrations appear. These intend to heal us, to inform us about the state in which we are, and more.

It becomes useful to receive messages and to be in contact with the Aztec, Mayan, Toltec, Egyptian, and Greek adepts.

It is marvelous, as well, to have intimate dialogue with the highest, diverse parts of our Being.

The superior centers are fully developed in us, and they send us messages which we must learn to consciously grasp.

In this chapter, those select people who have had a moment of Self-remembrance (in which they saw a common thing or person in a totally different way) will not be surprised if I tell them that such moments have the same quality as one of those rare and strange dreams related to the two superior centers (emotional and intellectual).

The meaning of such transcendental dreams matches, undoubtedly, the same level of realization in oneself of the Ray of Creation, and, in particular, the lateral Octave of the Sun.

The beginning of our realization of the deep significance of this specific type of dream is the signal that some forces struggle to awaken, heal, or cure us.

Each of us is a mathematical point in space that is used as a vehicle by determined sums of "values" (black or white).

Death is a subtraction of fractions. Once the mathematical operation is complete, the only thing left are the "values" (good or bad).

In accordance with the Law of Eternal Return, it is certain that the "values" return; they are re-embodied.

If a man starts taking into account more consciously the small cycle of recurring events of his personal life, he will be able to verify directly, through mystical experience, that in daily sleep the same mathematical operation of death is always repeated.

In the absence of the physical body during normal sleep, the "values" merge into the Astral Light and attract or repel each other in accordance with the Law of Universal Magnetization.

The return to the vigil state rightfully implies the return of the “values” to the interior of the physical body.

Extraordinarily, people think that they only interrelate with the external world.

Gnosis teaches us that we interrelate with an inner world, which is invisible to the physical, ordinary senses, but visible to clairvoyance.

This inner, invisible world is much wider, and it contains many more interesting things than the external world where the five windows of the senses are always opened.

Many dreams relate to the place where we are in the inner, invisible world from which the diverse circumstances of life come forth.

The language of dreams is accurately comparable to the language of parables.

Those who interpret everything literally, think that the sower of the Christic Gospel went to sow, and that the seeds fell on rocks, and so on, but they do not understand the sense of the parable, because it belongs to the symbolic language of the Superior Emotional center.

Needless to say here that any dream, as absurd or incoherent as it may be, has some significance for it indicates not only the psychic center to which it is associated but also the psychological status of such a center.

Many penitent people, who presumed to be chaste, failed in the sexual center, and had a nocturnal pollution when they were submitted to trials in the internal world.

In the perfect adept, the five psychic centers: intellectual, emotional, motor, instinctive, and sexual, function in full harmony with the infinite...

What is our mental activity during sleep? What emotions move or shatter us? What are our activities outside the physical body? What instinctive sensations predominate? Have we considered our sexual states during sleep?

We must be sincere with ourselves. Plato rightfully said, “A man is known by his dreams.”

The matter of the erroneous work of the centers is a topic that demands a lifetime of study by way of the observation of oneself in action and of the rigorous examination of dreams.

It is not possible to achieve the understanding of the centers and their correct or incorrect function in an instant. We need infinite patience.

All of life unfolds as a function of the centers and is controlled by them.

Our thoughts, ideas, feelings, hopes, fears, love, hatred, deeds, sensations, pleasure, satisfactions, frustrations, and so on are found in the centers.

The discovery of some inhuman element in any of the centers must be the strongest motive for the esoteric work.

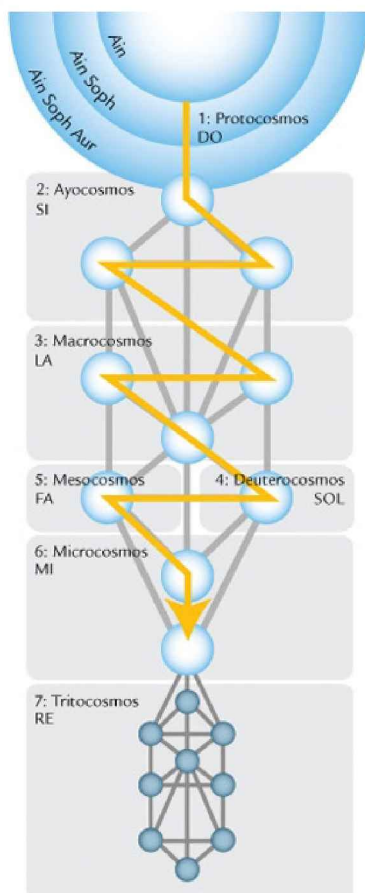
Any psychological defect must be previously understood by way of the technique of meditation before proceeding to its elimination.

The extirpation, eradication or elimination of any undesirable element is only possible by invoking Tonantzin's aid (our Divine Mother Kundalini), a variation of our own Being, or particular Fohat of each of us.

This is how we die from moment to moment. Only death brings forth what is new.

Influences of all kinds reach us in the levels of beings and things. If we have understood the Ray of Creation, we will also acknowledge that, in any instant of life, influences, which are of various qualities, reach us.

We must always be aware that there are superior influences that act upon us and are recorded by our psychic system. If we are, nevertheless, attached to our senses, and we do not pay full attention to our inner life, we will not be able to perceive these influences.



The Ray of Creation as symbolized on the Tree of Life. You can learn more about this symbol in The Elimination of Satan's Tail by Samael Aun Weor.

Dreams and Visions

Gnostic students must learn to differentiate between dreams and visions. To dream is one thing and to have visions, another. A truly “awakened” Gnostic cannot dream. Only those who have the consciousness asleep live dreaming. The worst type of dreamer is the sexual dreamer. Those who live dreaming of carnal passions stupidly waste their creative energy in the satisfaction of their fantastic pleasures. Ordinarily, these people do not progress in their business. They fail in every sense. They end up in misery.

When we look at a pornographic image, it strikes the senses and then passes to the mind. The psychological “I” intervenes in these affairs by stealing the erotic image in order to reproduce it in the Mental Plane. Thus, in the world of the mind, that image is transformed into a living effigy. During sleep, the dreamer fornicates with that living effigy, which like an erotic demon tempts the dreamer for the satisfaction of the lust. The outcome is wet dreams with all their horrible consequences. Therefore, the true devotees of the path must not visit cinemas because they are dens of black magic. The erotic figures of the screen give rise to mental effigies and erotic dreams. In addition, the cinemas are full of diabolic elementals created by the human mind. Those malignant elementals damage the mind of the spectators.

The subconscious mind creates fantastic dreams within the realm of dreams. The quality of dreams depends on the beliefs of the dreamer. When someone believes we are good, he dreams about us, seeing us as angels. When someone believes we are bad, he dreams about us, seeing us in the form of a devil.

Many things come into our memory whilst writing these lines. In the past when we, the Brethren, worked in various countries, we were able to observe that whilst our Gnostic disciples believed in us, they dreamed seeing us as angels. It was sufficient for them to stop believing in us for them to then dream about us being demons. Those who swore before the altar to follow and obey us, admired us with great enthusiasm and dreamed seeing us as being angels. Many times it was enough for those students to have read a book or to have listened to some lecturer in order for them to become affiliated with a new school. Then, having stopped believing in us,

having changed their concept and opinions, they dreamed about us, seeing us changed into devils. Then, which clairvoyance do these people possess? What became of their clairvoyant dreams? What type of clairvoyant is that which today sees us as Gods and tomorrow affirms that we are devils? Where is the clairvoyance of these dreamers? Why do these people contradict themselves? Why do they swear today that we are Gods and tomorrow swear that we are devils? What is this?

The subconsciousness is a screen upon which many internal films are projected.

Nowadays, the subconsciousness sometimes acts as a cameraman, other times as a director, and also as a projectionist who projects images onto the mental background.

It is clear that our subconscious projector usually commits many errors. No one ignores that erroneous thoughts, groundless suspicions and also false dreams emerge on the screen of the mind.

We need to transform the subconsciousness into consciousness, to stop dreaming, to awaken the consciousness.

Whosoever awakens is incapable of dreaming. Thus, while his physical body sleeps within the bed, he lives in a state of intensified vigilance within the internal worlds. Such people are authentic illuminated seers.

We frankly cannot accept clairvoyants who have not awakened their consciousness. We cannot accept clairvoyants who have not engendered the Christ-astral, Christ-mind, and Christ-will. Those clairvoyants who have neither awakened consciousness nor possess their Christic vehicles can only see their own beliefs and concepts in the internal worlds. In short, they are useless.

Only those awakened clairvoyants, only those clairvoyants who already possess their Christic vehicles are worthy of true credit. They are not dreamers. They do not make mistakes. They are true illuminates. Such people are in fact true masters of the White Lodge. The visions of this class of sublime humans are not simple dreams. These are the Masters of Perfection. This kind of master cannot dream any more. This class of master can investigate the memories of Nature and read in the sealed archives of creation all the history of the Earth and its races.

Everyone who follows the path of the Perfect Matrimony should live alert and vigilant as a watchman in the time of war, because during the hours of sleep the masters test their disciples. Yet, the tenebrous ones attack us

during sleep when we are working in the Great Work. Thus, during sleep, we have to pass through many ordeals in the Internal Worlds.

When the masters are going to test the disciple in something, then they awaken the disciple's consciousness.

Key of SOL

Unquestionably, the most important thing in life is the realization of the inner Being. Once, I interrogated my Divine Mother Kundalini, as follows: "How is it that the path that leads to the resurrection is extremely long?"

She answered me, "It is not that the path is too long; rather, the work with the philosophical stone is very hard: it must be worked, chiseled. It is necessary to give the brute stone a perfectly cubic shape."

Our motto is Thelema, meaning "willpower."



The Divine Mother as depicted by the Greeks as the virgin Athena, with her symbolic serpent (the Hindu Kundalini) and the head of Medusa on her chest. Medusa represents the inverted Kundalini, known as the Kundabuffer or Tail of Satan.

We must begin by awakening the consciousness. Obviously, all human beings are asleep, and in order to see the path it is necessary to be awakened; thus, what is essential is to awaken here and now. Unfortunately, people sleep; it seems incredible, but this is how it is.

We wander in the streets with the consciousness asleep; we are in our house, in our job, in the body shop, in the office, etc., with the consciousness profoundly asleep. We drive our car and we go to the factory with the consciousness tremendously asleep.

People are born, they grow, they breed, they get old and die with the consciousness asleep; thus, they never know where they come from nor the objective of their own existence. What is most grave in this matter is that all of them believe that they are awake.

For instance, many people are preoccupied in knowing many esoteric things, yet they never occupy themselves with the awakening of their consciousness. If people had the purpose of awakening here and now, then immediately they could know all of that which for them are enigmas; this is why skepticism exists, because the skeptical is ignorant, and ignorance is the outcome of a sleeping consciousness.

Indeed, I want to tell you in the name of the truth that skepticism exists because of ignorance. Therefore, the day when the people awaken their consciousness they will stop being ignorant, and, as a fact, skepticism will disappear, because ignorance is equal to skepticism and vice versa.

Indeed, Gnosis is not a doctrine that seeks to convince skeptical people, because if today we convince 100 skeptical individuals, tomorrow we have to convince 10,000, and if we convince the 10,000, then 100,000 will appear who want to be convinced, and so on and so forth; thus, we will never be done.

The system to attain the inner realization of the Being is a matter of "cognizant works" and "voluntary sufferings," yet, the continuity of purpose in the three factors of the revolution of the consciousness is necessary. Logically, in order to achieve the awakening of the consciousness, it is necessary to die from instant to instant, from moment to moment.

The sleeping person ends up intoxicated when in the presence of a cup of liquor. The sleeping person ends up fornicating when in the presence of the opposite sex. Thus, the sleepy ones becomes identified with everything that surrounds them, and forget about their selves.

From my memory—at this very moment—I recall the unusual case of Piotr Demianovich Ouspensky, who when walking on the streets of Saint Petersburg, had the resolve to remember his self, and to not forget about himself, not even for an instant. Thus, he said that as he remembered himself from moment to moment, he even perceived a spiritual aspect within all things, and while this type of spiritual lucidity was increasing he felt his psyche gradually transformed, etc. Nevertheless, something very discouraging happened to him: all of a sudden he felt the necessity to enter a smoke shop in order to select an order of some tobacco. Certainly, after being attended and provided with his order of cigars, he left the smoke shop

very quietly while smoking along an avenue. Thereafter, remembering different things and occupied in diverse intellectual matters, etc., he walked through different places of Saint Petersburg; in other words, he became absorbed within his own thoughts.

An hour and a half later—already at his home—he observed very well his room, his bedroom, his living room, his desk, etc., and suddenly, he remembered that he had first wandered through many places with his consciousness awake, but after having entered into the cigarette shop his psyche had fallen asleep again, and thus, his good intentions of remaining awake from moment to moment were reduced to cosmic dust; thus, he regretted the incident. He took an hour and a half to reach his home, and during that entire time, he regrettably treaded the streets of the city with his consciousness completely asleep.

Behold how difficult it is to remain with the consciousness awake from instant to instant, from moment to moment, from second after second. However, if one has true longings for becoming fully awakened—this is the beginning—one must not forget oneself, not even for a moment.

Yes, one must keep remembering oneself wherever one walks—in any living room, or on whichever street one goes by walking, jogging, or riding a car, whether it be night or day—wherever one might be, at work or in the shop, anywhere: one must remember oneself while at the presence of any beautiful object, or while before any window-shop where very beautiful things are being shown, etc.—in other words, one must not become identified with anything that one likes or is captivated by.

Subject

The person needs to always keep remembering himself: not only his physicality, but also one needs to watch one's own thoughts, feeling, emotions, deductions, appetencies, fears, longings, etc.

Object

Beloved brothers and sisters, it seems to me that this second aspect (object) is abundantly intriguing, because it is related with becoming inquisitive about objects, that is, with “not becoming identified with things” as we already stated; thus, if you see a beautiful object—i.e. a suit within a window-store, or an exposition of something, or an exhibition of anything: a very beautiful car, a pair of wonderful shoes, anything—what is important is to not become identified with the thing, and to know how to distinguish

between common things and uncommon things, like a strange animal, an elephant that flies, or a camel that appears in the middle of the living-room, etc.; thus, the first thing that one needs to do is to reflect.

One needs to not become identified with the object or creature that one sees, because if one becomes identified with what one sees, that is, if one is absorbed by the representation before one's eyes, then one remains fascinated; in other words, one passes from identification to fascination, and this is how one remains enchanted, marveled, identified. If one forgets oneself, then thereafter one's own consciousness falls asleep; it will snooze profoundly.

Thus, my dear brothers and sisters, the only thing that one achieves with this mistaken behavior—that is, by allowing oneself to become foolishly fascinated with objects—is to deactivate the consciousness, to put it to sleep, and this is critical, very critical, very critical... very critical...

Location

From my memory—at his very moment—I recall another unusual case: many years ago when I was traveling through the countries of South America—since as a traveler I always walked from one country to another around the world—on a given night it so happened that I saw myself walking through a garden, then into a living room and through it, and finally I arrived at a lawyer's office, where I saw seated at a desk a lady of a certain age, with grey hair, who very amiably attended me; she stood up and greeted me.

Suddenly, I observed that two butterflies made of crystal were on the desk—well, there is nothing odd about seeing two butterflies on a desk, right? Yet, the intriguing aspect of this matter is that the two butterflies were alive: they were moving their wings, their little heads, their little legs, and that is very odd, right? So, this was very unusual and intriguing: two butterflies made of crystal, and alive! These butterflies were not normal; it is clear that they were not natural, my beloved brothers and sisters, this was something odd; it was a case where one has to become very inquisitive.

Well then, do you want to know what I did? I did not become identified with the pair of butterflies, I only pondered the following question within myself: "How is it possible that there exist in the world butterflies whose bodies are made of crystal, whose head, legs, and wings are made of crystal, and that breathe and have life like the natural ones?" Thus, this is how I reflected, my beloved brothers and sisters.

What if I had become identified with the butterflies and not pondered an analytical question, without reflecting on those butterflies made of crystal? What if I had become fascinated, or enchanted, and had fallen into unconsciousness? Well, that would have been foolish, right?

However, I reflected, by pondering the following statements to myself: "No! It is impossible for these type of creatures to exist in the physical world. No, no, no, this is very strange, this is very odd, this is not normal. Here, I smell something fishy; there is something rare. This type of phenomenon, as I know, does not exist in the tridimensional world, since this is only possible in the astral world. It seems that I am in the astral dimension; could it be that I am in the astral world?"

Then, I question myself: "It seems that I am dreaming, it seems that I left my physical body sleeping somewhere, because indeed this is very odd. So, in order to be sure, I am going to perform a small jump with the intention of floating in the environment. Thus, this is how I will verify if I am in my astral body, so let us see what happens." So, this is what I said to myself. Yes, brothers and sisters, with complete confidence I tell you that this is how I proceeded. It is obvious that I had to proceed in that manner and not in another manner, right? However, I was concerned about jumping in front of that lady; thus, I said to myself, "This lady might think that I am a nut case if I start jumping here in her office."

Apparently, everything was very normal: a desk like any desk, the chair where the lady was seated was one of those that rotate from one side to the other. There were two candelabra in that office. I remember that one was at the right and the other at the left; they seem made of massive gold. So, I remember this with entire exactitude, my dear brothers and sisters, even though it happened a long time ago, many years, since I was very young in that epoch. Thus, I remember that the candelabra were of seven branches. Well, talking here with complete confidence, I did not find anything odd in that room, everything was normal in that office. However, when I focused my sight in those butterflies they became the only truly questionable oddity there. As for the rest, I said: "There is nothing odd about this lady, she as normal as other ladies in the world; however, these butterflies make me intrigued." The fact that they were alive on their own accord was very rare. Anyhow, be it as it is, I resolved to leave the room with the intention of performing a little jump, do you understand? Of course, I had to give an excuse to the lady, thus, I asked her consent to leave the office; I told her that I needed to leave the room just for a moment, and that I did.

Thus, when outside in the corridor and being sure that no one was looking at me, I performed a long jump with the intention of floating in the environment... and behold, let me tell you what happened, sincerely I tell you that I immediately remained floating in the surrounding atmosphere. Of course, I felt a delectable sensation, my dear brothers and sisters, a delectable sensation; then I said to myself: "I am in my astral body; here I do not have even the slightest doubt about it." I remembered that a few hours before I had left my physical body sleeping in my bed and by displacing myself there in the astral world I had arrived to that place, to that office.

Then, I went back into that office, I sat again before the lady and spoke to her with much respect. I told her, "Be aware, ma'am, that we both are in the astral body." Wondered, with sleepy eyes as a somnambulist, that lady scarcely looked at me; she did not understand, she did not comprehend, nevertheless, I wanted to clarify the situation for her and I told her: "Ma'am, remember that a few hours ago you went to bed, to lay down in order to sleep, therefore, do not wonder why am I telling you this; listen: your physical body is sleeping in your bed and you are here talking with me in the astral world..."

Yet, definitively, that lady did not understand; she was profoundly asleep, she had her consciousness asleep. Thus, upon seeing that everything was useless, comprehending that she would not awaken—not even with cannon shots, since that wretched lady had never dedicated herself to the labor of the awakening of her consciousness—then frankly, my dear brothers and sisters, I resolved to apologize, and left.

Well, as a curious thing, I want to narrate for you that many years after, maybe 30 years or more, I had to travel to Taxco, Guerrero, Mexico. Taxco is a very beautiful town, situated over a hill and built in the colonial style; its streets are stone-paved as in the epoch of the colonization, and it is very rich indeed; it has many silver mines, and many beautiful objects and jewelry made of silver are sold there.

I had to travel to that town because someone I was making some remedies for lived there; he wanted to be healed and wanted me to help him in his healing process; he was a wretched patient, very sick...

Well, I arrived at a house, I crossed a garden, and arrived at the living room, which I recognized immediately. There was there a lady there. I looked at her and recognized her: she was the same lady that I had seen behind the desk many years ago in the astral world; however, this time she was in the living room.

She invited me to pass into another room, where I found the already mentioned lawyer's office, where I, so many years ago, had arrived in my astral body. Yet now, instead of the lady behind the desk, it was her husband, a very well educated man who without a title was dedicated to the law (in some places these people are called interns); well, call them as you please. The fact was that he was seated there, in the office. He stood in order to welcome me and thereafter he invited me to sit down in front of his desk. So, I had immediately recognized the office and the lady.

Then, it so happened that because that man liked a little these sort of spiritual studies, we talked and conversed for a while on these matters; he liked everything related with esoteric studies. Thus, I surprised him a little when I told him:

"Sir, I was here already some time ago. I was out of my physical body, in my astral body, and you know that one moves, walks, and goes from one place to another." This gentleman already knew a little about these things, so my statement was not unusual to him.

Then I told him: "See, on this desk there were two butterflies made of crystal. What happened, where are those butterflies?"

He quickly answered me: "Here are the butterflies, right here, look at them." He then raised some newspapers that were upon the desk and certainly, they were there, the two very beautiful butterflies made of crystal... Of course, he was very astounded that I knew about those butterflies.

Then I told him: "But something else is missing. I see one candelabra of seven arms, yet I saw two. Where is the other, what happened to it?"

"Here is the other one, look at it," the gentleman in his office answered me. He then removed some papers and newspapers that he had there and indeed he showed me the other candelabra. Yes, it appeared in order to confirm my assertions even more. Of course, the man was amazed.

Then I told him: "I want you to know that I know your wife, because when I came here your wife was at the desk." Well, the gentleman was amazed.

Thus, at dinner time we were seated at a round table and something truly unexpected happened: in the presence of her husband, the lady told me: "I met you a long time ago. I do not know exactly where, but I have seen you... Yes, I have seen you before in some place. Anyhow, you are not an unknown person to me."

Then, I immediately elbowed the gentleman and told him: "Do you realize it? Are you convinced of my words?"

Well, the amazement of that man reached its maximum. Unfortunately—and this indeed is what is very critical, my beloved brothers and sisters—that man was so attached to his sect, which we might call a type of Romanist sect, that frankly speaking, he did not enter into the path due to sectarian matters. Otherwise, he would have come to the path, because I gave him extraordinary evidence that for him were factual and definite; at least, he became for ever amazed, did he not? Regrettably, his beliefs did not allow him, they confused him; he became entangled in all those religious dogmas, etc. Well, many years have already passed. Nevertheless I still have been able to narrate this event for you.

Thus, this is why I recommend to you the division of attention into three parts:

1. **SUBJECT**, that is to say oneself. One must not forget oneself, not even for an instant.

2. **OBJECT**: to observe all things, as in the case of the butterflies that I have narrated to you. What if in this very moment in which you are reading this book, a person that died many years ago arrived to your home and spoke to you. Would you be so naive, would you be so absent minded, as to not ask yourself: "What is this? Could it be that I am in my astral body?" Would you be as reckless as to not do the experiment and to give a little jump? Well then, do not forget that any detail, as insignificant as it may appear, must be enough in order to perform this type of inquisition. Thus, every object must be studied in detail, and thereafter one must ask oneself: "Why am I here?"

3. **PLACE**: one must not live unconsciously. When we arrive at any place, we must observe it in detail, very minutely, and thereafter ask ourselves: "Why am I here, in this place?" And by the way, you that are reading this book, tell me: did you already ask yourself why are you there in that place where you are reading? Did you already inconvenience yourself to observe that place, the ceiling or the walls, or the space that surrounds you? Are you already observing the floor or the place, up and down, to the sides, behind you, and in front of you? Did you already look at the walls and your surroundings in order to ask the question, "Where am I?" And if you did not do it, why do not you try? Or, perhaps you are reading this book unconsciously?

It is clear that you must never live unconsciously, no matter where you are: in a house, on the street, in a temple, or in a taxi, on the sea or in an airplane, etc. So, wherever you may be, wherever you are to be found, the first thing that you must ask to yourself is, "Why am here I in this place?"

Look minutely at everything that surrounds you: the ceiling, the walls, the floor; that observation is not only for the park, the house, or an unknown place, but one must do it daily, all the time. Look at your house as if it was something new or unknown; do so every time and every moment that you enter into it. You must also ask yourself, "Why am I in this house? What a strange house..." Then look at the ceiling, the walls, and the ground, at the patio, etc.—everything in detail—then ask yourself the question: "Why am I in this place? Could it be that I am in my astral body?" Thereafter, perform a little extended jump with the intention of floating in the environment.

If you do not float, but still feel that you are in your astral body, then go stand on top of a chair or on top of a low table, an abdomen, a strong box or something of the sort, and jump in the air with the intention of floating. Sometimes one performs the extended jump and nevertheless one does not float. Thus the best solution is to go and stand on something that allows us to jump in the air in order to hover in the environment when one jumps with the intention of flying. Thus, it is clear that if one is in the astral world, one remains floating in the environment and if not, then one returns to the ground.

So, do not forget the division of attention into three parts: SUBJECT - OBJECT - LOCATION.

If one becomes accustomed to live with the attention divided into these three parts—subject, object, and location—if one is habituated to do it daily, at every moment, from instant to instant, from second to second, then this habit becomes recorded deeply in the consciousness; thus, at night, when our physical body sleeps, one performs the exercise in the astral world, one does the same thing that one does in the physical body: the outcome is the awakening of the consciousness.

You know that often at night you repeat in dreams the same things that you usually do during the day. For example, during the day many work in a factory, or as traveling salesmen, or in an office, then at night during their dreams they see themselves working, doing exactly the same things that they do during the day: they dream that they are in the factory, or selling, or in the office, etc. It is clear that everything that you do during the day you repeat during the night, that is to say, you dream the same thing at night.

So, it is a matter of performing this practice during the day, at every hour, at every moment or second, in order to achieve it during the night, and thus awaken our consciousness.

It is clear that when any person is physically sleeping, the Essence, the consciousness is far from the physical body; then it so happens that when the Essence is outside of the physical body, it acts within the astral body, and repeats the same things that it does during the day. This is how you can awaken automatically, because the practice of this exercise gives a spark or shock to your consciousness, which then remains awake.

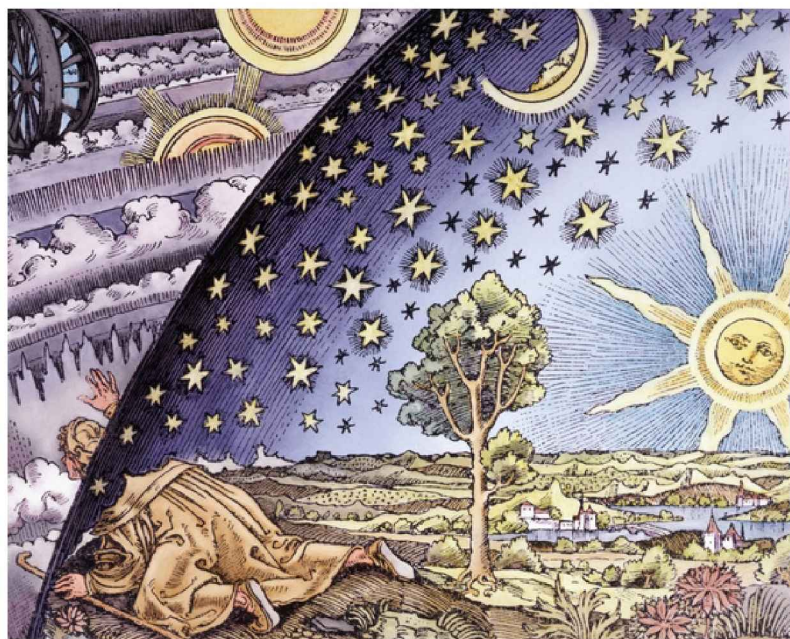
Thus, my dear brothers and sisters, when one is already awake in the astral world, one can invoke the Masters, for example, one can call the Angel Anael or the Angel Adonai—the child of light and happiness—or the Master Khut Humi, so that they can come to instruct us, to teach us, etc. Likewise, you can call any other Master, namely Morya, the Count Saint Germain, etc. and those who invoke me they can be sure that I will concur to their call; they should be sure.

Therefore, I give you the system in order to receive the teachings directly, and if you want to remember your past lives, then invoke the Masters of the White Lodge, Khut Humi, Hilarion, Morya, etc., and ask them to have the amiability, the kindness, to help you to remember your former existences, to help you to recall your past lives. You can be sure that the Masters will grant you such a petition.

This system that I am giving to you all is in order for you to receive the direct knowledge. You can also travel to Eastern Tibet, you can also go to the depth of the oceans, including to other planets if you want...

Thus, this is the way to receive direct knowledge. This is why I tell you:

Awaken, my dear brothers and sisters, awaken, awaken; do not continue living your life as unconscious or asleep individuals, as this is very sad, my dear brethren. Behold the sleepy souls, how they walk unconsciously in the astral world, and after death they continue asleep, unconscious, and dreaming foolishness. They are born without knowing at what time, they die without knowing at what time. I do not want that you continue like this, within that terrible unconsciousness. I want you to awaken.



Dream Yoga Discipline

Those candidates who sincerely long for a mystical, direct experience must unquestionably begin with the Dream Yoga discipline.

The Gnostic must be very demanding with himself and learn to create favorable conditions to remember and understand all those inner experiences that always occur during sleep.

Before retiring to your bed at the end of your daily routine, it is advisable to pay attention to the state you are in.

Devotees whose circumstances make them lead a sedentary life will gain a lot if before going to bed they have a short but very lively walk outdoors. A walk will relax the muscles. I must clarify, however, that we must never abuse physical exercises; we need to live in harmony.

Supper or the final meal of the day must be light and free of heavy or stimulating foods. Foods that keep us awake or alter our sleep should be avoided.

The highest way of thinking is not thinking. When the mind is quiet and silent—free of daily routine and mundane anxiety—it is then in a state that is one hundred percent favorable for the Dream Yoga practice.

When the Superior Emotional center is actually working, the thinking process stops, at least for a brief moment.

Evidently, the cited center is activated with Dionysian intoxication.

Such rapture is possible when listening with infinite devotion to the delightful symphonies of Wagner, Mozart, Chopin, and others.

Beethoven's music is especially extraordinary because it makes the Superior Emotional center vibrate intensely. The sincere Gnostic finds in it a vast field for mystical exploration, for it is not music of form, but of archetypal, ineffable ideas. Every note has a meaning; every pause is a Superior Emotion.

Beethoven, when feeling the cruel rigors and trials of the "spiritual night," instead of failing, as many candidates did, opened the eyes of his intuition to the mysterious supernatural, the spiritual side of Nature, to that region where angelic kings of these universal creations (Tlaloc, Ehecatl, Huehueteotl, etc.) live.

Observe the musician-philosopher all along his exemplary existence. On top of his table, he always had in plain view his Divine Mother Kundalini, the ineffable Neith, Anahuac's Tonantzin, or the supreme Egyptian Isis.



The Divine Mother as symbolized by the Egyptians as Isis

It is said that the great master had an inscription at the base of that adorable sculpture, written with his own hand, that mysteriously asserted: "I am she who has been, is and will be; no mortal has lifted my veil."

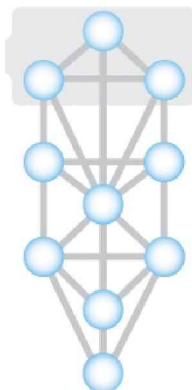
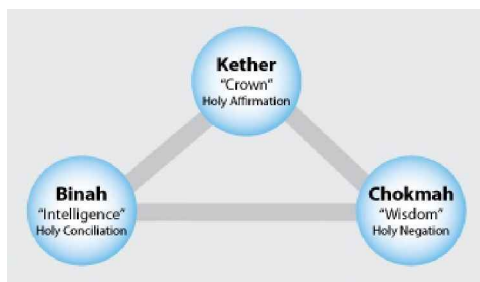
Revolutionary and inner progress is impossible without the immediate aid of our Divine Mother Tonantzin.

Grateful children must love their mothers; Beethoven loved his greatly.

Outside the physical body, during the hours of sleep, the soul can talk to her Divine Mother. We must, however, begin with Dream Yoga discipline.

We need to take care of the bedroom where we sleep; it must be pleasantly decorated. The colors best suited for the goal we seek, in spite of what other authors recommend, are precisely the three primary hues: blue, yellow and red.

The three basic colors constantly correspond to the three primary forces of Nature, the Holy Triamazikano: Holy Affirmation, Holy Negation, and Holy Conciliation.



The Law of Three, the Trinity, as symbolized on the Tree of Life

Let us remember that the three original forces of this great creation always crystallize in the positive, negative, and neutral forms.

The causa causarum of the Holy Triamazikano is found hidden in the active element Okidanokh [the Ray of Creation]. The latter, in and of itself, is only the emanation of the Sacred Solar Absolute.

Obviously, if we reject the three fundamental colors, having given the above explanations, we become, by simple logical deduction, foolish.

Dream Yoga is extraordinary, marvelous, and formidable. It is, however, very demanding.

The bedroom has to be perfumed and ventilated, but not pervaded with the cold night temperature.

After undergoing detailed and careful preparation of himself for bed and of the room where he will sleep, a Gnostic must take care of his bed.

If we observe any compass, we can see that the needle always points to the north.

It is then possible to consciously take advantage of the planet's magnetic current, which always flows from south to north.

A bed should be placed in such a way that the head is facing north. In this way, we can intelligently use the magnetic current indicated by the needle.

The mattress should be neither too hard nor too soft. This means that its texture must in no way affect the psychic processes of the sleeping person.

Squeaking bedsprings or a base that cracks with every small movement of the body are serious obstacles for these practices.

A pad or notebook and a pencil should be placed under the pillow so that they can easily be found, even in the dark.

Bedclothes must be fresh and clean; the pillowcase must be scented with our favorite perfume.

After having met these requirements, the ascetic Gnostic will be ready for the second stage of this esoteric discipline.

He will get into bed, and having turned off all the lights, will lay on his back with his eyes closed and place both hands on his solar plexus.

He will be totally quiet for some time, and once he is completely relaxed physically as well as mentally, he will concentrate on Morpheus, the god of sleep.

Unquestionably, each part of our real Being has specific tasks. It is precisely Morpheus (do not confuse with Orpheus) who is in charge of training us in the mysteries of sleep.

It is impossible to trace a layout of our Being. Nevertheless, all the spiritual, isolated parts of the Being want to achieve absolute perfection in their tasks.

Morpheus enjoys this unique opportunity we provide when we concentrate on him.

We must know how to supplicate and have faith. We have to ask Morpheus to teach us and to awaken us in the supra-sensitive worlds.

By this time, the esotericist Gnostic feels a very special somnolence, and he then adopts the "lion posture."

Lying on his right side, with his head pointing north, he moves his legs slowly so that his knees are bent. In this posture, the left leg rests on top of the right one. He then places his right cheek on his right palm and lets his left arm rest on the left leg.

When one wakes up, one should not move, because any movement shakes up our "values" and then the memory of our dreams is lost.

A retrospective exercise is needed in those moments when we want to remember our dreams.

The Gnostic has to take notes, carefully, of the details of his dream or dreams in the notebook or pad which he placed under his pillow. In this way, he will be able to have a detailed record of his inner progress in Dream Yoga.

Even if there are only vague fragments of the dream or dreams in our memory, these must be thoroughly recorded.

When nothing is left in the memory, the retrospective exercise must be based on the first thought we had at the moment we awakened. That thought, obviously, relates to the last dream.

We must point out that the retrospective exercise should start before completely coming back to the vigil state, when we are still drowsy, to try to follow the dream sequence.

The practice of that exercise always starts with the last image that we had moments before coming back to the vigil state.

We will conclude this chapter with the serious statement that it is not possible to go beyond this stage of the Dream Yoga discipline unless we have obtained the perfect memory of our dream experiences.

Special Nourishment to Develop the Power of the Memory

Prepare your breakfast with acid fruits and ground almonds along with honey (bee honey). In this way you will provide the brain with the necessary atoms for the memory.



Iris [upper right] by command of Hera [the Divine Mother] brings a message to a mortal, to be given in a dream through Morpheus [center].

Tantric Dream

We should review our pad or notebook every month in order to verify the gradual progression of our dream memory.

Any possibility of forgetting a dream must be eliminated. We cannot continue further with practices unless we have achieved perfect memory.

Of particular interest are those dreams which seem to come from past centuries, or that unfold in environments totally unrelated to the vigil existence of the dreamer.

One must be in a "watchful, perceptive" or "alert, anew" state and pay attention to the study of details which includes specific matters, conversations, meetings, temples, or unusual activities which relate to other people.

Once the total development of the dream memory is achieved, and any possibility of lack of memory is eliminated, the symbolism process will open the way to revelation.

We must seek the basic science of interpretation of dreams in the Law of Philosophical Analogies, the Law of the Opposite Analogies and the Law of Correspondences and Numerology.

The Astral images reflected in the magical mirror of imagination can never be translated literally, for these are only the symbolic representation of archetypal ideas. They must be utilized in the same way as a mathematician uses algebraic symbols.

Furthermore, we can say that such ideas come down from the pure World of the Spirit.

The archetypal ideas descending from the Being are marvelous, for they inform us about the psychological status of any center of the human machine, about esoteric or intimate matters, or about possible successes or dangers, etc. These are always wrapped in the marvelous cover of symbolism.

It is possible to unveil any of the Astral symbols, scenes, or figures, with the goal of taking out their essential ideas, only by means of the correlative and logical meditation of the Being.

On reaching this stage of Dream Yoga discipline, it is indispensable to approach the Tantric aspect of the matter.

Ancient wisdom teaches that Tonantzin (Devi Kundalini), our divine, cosmic, individual Mother (each of us has our own), can take any form, for She is the origin of all forms. Therefore, the Gnostic should meditate upon Her before falling asleep.

The candidate will start his dreaming process by repeating daily with great faith the following prayer:

Tonantzin, Teteoinan!

My Mother, come to me, come to me!

According to Tantric science, if the Gnostic persists with this practice, sooner or later an Initiator Element will come forth from the changing and formless expressions of his dreams.

As long as this Initiator has not been totally identified, it is indispensable to continue recording dreams on the pad or notebook.

The study and profound analysis of every recorded dream becomes indispensable in Tantric Dream esoteric discipline.

This didactic progression will lead us to the discovery of the Initiator or Unifier Element of dreams.

The sincere Gnostic who reaches this stage of Tantric discipline is, for this reason, ready for the next step, which will be the topic of our next chapter.



The Divine Mother can take any form. Here She is symbolized as Tridevi, the feminine trinity of Hinduism: Lakshmi, Parvati, and Saraswati

The Return Practice

When the beginner has successfully performed all Gnostic exercises related to Tantric dreams, he is clearly ready for the "Return Practice."

In the previous chapter, we mentioned the Initiator Element that comes forth as if by magic from within the changing and formless expressions of dreams.

Some people, who are highly psychic, refined, or susceptible to impressions, have always possessed in themselves the Initiator Element. These people are characterized by the continuous repetition of the same dream. These psychics periodically re-live various scenes, or constantly see in their dream experience a creature or a symbol...

Everytime the candidate wakes up from ordinary sleep and remembers the Initiator Element (be it a symbol, a sound, a color, a person, etc.), he keeps his eyes closed and goes on with the visualization of that familiar image. He will then try to go back to sleep to continue the same dream.

In other words, the aspirant tries to be conscious of his own dream; that is why he intentionally goes on with it, but carries it to the vigil state in full lucidity and self-control.

Hence, he becomes a spectator and actor of a dream with the advantage, certainly not insignificant, of being able to abandon the scene at will in order to move freely in the Astral World.

Then the aspirant, free of the limitations of the flesh, outside the physical body, will have discarded his old familiar environment and penetrated a universe ruled by different laws.

The discipline of the dream state of Tantric Buddhists methodically leads us to the awakening of our consciousness.

Gnostics can awaken to the real state of illumination only through the understanding and elimination of dreams.

Sacred scriptures from Hindustan solemnly assert that the whole world is Brahma's dream. Having this Hindu postulate as a base, let us emphasize that, "when Brahma awakens, his dream ends."

As long as the aspirant does not achieve the radical dissolution, not only of dreams, but of their psychological generators as well, absolute awakening is impossible.

The definite awakening of the consciousness is possible only by means of a radical transformation.

The four Christic gospels insist on the necessity of awakening. Unfortunately, people are still sleeping.

Quetzalcoatl, the Mexican Christ, was certainly a Man who was one hundred percent awakened. The multiplicity of his attributes points to us precisely the antiquity of his cult and the profound veneration he received in Mesoamerica.

The holy gods of Anahuac are perfect Men in the strictest sense of the word. They are absolutely awakened. Those beings eradicated even the possibility of dreams from their psyche.

Tlaloc, "he who makes sprouting," the God of the rain and lightning, being a God, is also an awakened Man who had to eliminate from his psyche not only his dreams, but also all possibilities of dreaming. He is the principal sacred individual of the ancient Olmec culture. He is always depicted with the Tiger-Serpent's mask in colossal axes and various jade figures.

Tezcatlipoca and Huitzilopochtli, beings of the fire, living representations of night and day, are also awakened Men, beings who went beyond their dreams.

Outside his physical body, an awakened individual can invoke the Holy Gods of the Aztecs, Mayans, Zapotecs, Toltecs, and others.

The Gods of the Borgia, Borbon, and other codices come to help those who awaken.

By means of the help of the Holy Gods, the awakened person can study the secret doctrine of Anahuac in the Astral Light.



The symbolism of Tlaloc

The Four Blessings

In the previous chapter, we referred extensively to the Initiator Element of dreams. Obviously, we only lack the ability to use it.

When the Gnostic has kept a record of his dreams, he unquestionably discovers a dream that recurs. This, among other reasons, certainly justifies writing all dreams in his notebook or pad.

That recurring dream experience is the Initiator Element which, wisely used, leads us to the awakening of the consciousness.

Everytime the mystic lies on his bed, goes to sleep and meditates at will on the Initiator Element, the result is immediate. Usually, the anchorite re-lives such dreams consciously, and is able to leave the scene at will, to travel in the supra-sensible worlds.

Any dream can be used for such purposes when we actually know the technique.

Whoever awakens from a dream can continue with it intentionally if desiring to do so. In this case, he must go back to sleep and re-live that dream experience with imagination.

We must not imagine that we are imagining. Fundamentally, we should re-live the dream in its full and crude reality.

Repeating the dream intentionally is the first step towards the awakening of the consciousness. The voluntary separation from the dream, in plain action, is the second step.

Some aspirants take the first step, but they lack the strength to take the second one. Such people can and should help themselves by means of the technique of meditation.

By making serious decisions, those devotees will practice meditation before going to sleep.

The motive of concentration and reflection in their inner and deep meditation will be, in this case, their inner situation...

In this practice, the mystic, in sorrow, feeling sincere emotion, will invoke his Divine Mother Tonantzin (Devi Kundalini).

Shedding tears of pain, the ascetic Gnostic will lament his state of unconsciousness, and will implore for help, beseeching his Divine Mother for strength to detach himself at will from any dream.

The goal this dream discipline seeks is to prepare the disciple to clearly recognize the **Four Blessings** that manifest in the dream experience.

This esoteric discipline is certainly only for very serious people, for it demands infinite patience and enormous inner super-efforts.

A lot has been said in the Orient about the Four Lights of the dream state; let us study this matter.

The first one is called the **Revealing Light**. It is written in gold letters in the book of life that this is perceived just before, or during the first hours of sleep.

Speaking frankly and to the point, let us point out that, as sleep becomes deeper, the undesirable melding of residual impressions and the usual train of discriminatory thoughts fortunately dissolve slowly.

In this stage of sleep, the second illumination progressively shows. This is known in Asia by the marvelous name of **Increasing Light**.

The ascetic Gnostic, by means of the extraordinary Tantric dream discipline, gets beyond this stage and apprehends the two remaining lights.

The full experience of the crude reality of practical life in the superior worlds of cosmic consciousness grants the third light, the **Immediate Realization**.

The fourth light is that of the **Inner Profound Illumination**, and it comes to us as if by enchantment in plain mystical experience.

"Here, in the fourth degree of the void, dwells the child of the Clear Mother Light," states a Tibetan treatise.

Frankly speaking, I assert that the Tantric dream discipline is in fact an esoteric preparation for that final dream that we call death.

Having "died" many times at night, the anchorite Gnostic who has consciously apprehended the Four Blessings that present themselves in the dreaming experience, passes to the postmortem state when he dies with the same ease that he willingly gets into the world of dreams.

Outside his physical body, the Gnostic can consciously verify for himself the fate reserved to the souls beyond death.

If, every night, by means of the Tantric dream discipline, the esotericist can consciously "die" and penetrate into the world of the dead, he will then

be able as well to, "study the ritual of life and death while the officiant arrives...."

After he visited the infernos, where he saw in horror the fate of the lost souls, Hermes became acquainted with unknown facts...

"Watch to that side (Osiris tells Hermes). Do you see that hive of souls who try to climb up to the Lunar region? Some are rushed down to the ground, just like flocks of birds under the blows of a storm. The other ones, with the strokes of their wings, reach the superior sphere, which pulls them on its rotation. Once they reach there, they recover the sight of divine things."

When burying those chosen by Tlaloc, the rain god, the Aztecs placed a dried branch nearby.

It was said that, when the blessed one reached the Field of Delights, or Tlalocan, the dried branch turned green again indicating in this way the return to a new life....

Those who have not been chosen by the Sun or Tlaloc fatally go to Mictlan, which is in the north, a region where the souls undergo a series of magic trials on passing through the infernal worlds.

There are nine places where the souls suffer unbearably before reaching the final rest.

This reminds us, in an emphatic way, of the nine infernal circles of Dante Alighieri's *Divine Comedy*.

Many are the gods and goddesses who populate the nine Dantean circles of the Aztec inferno.

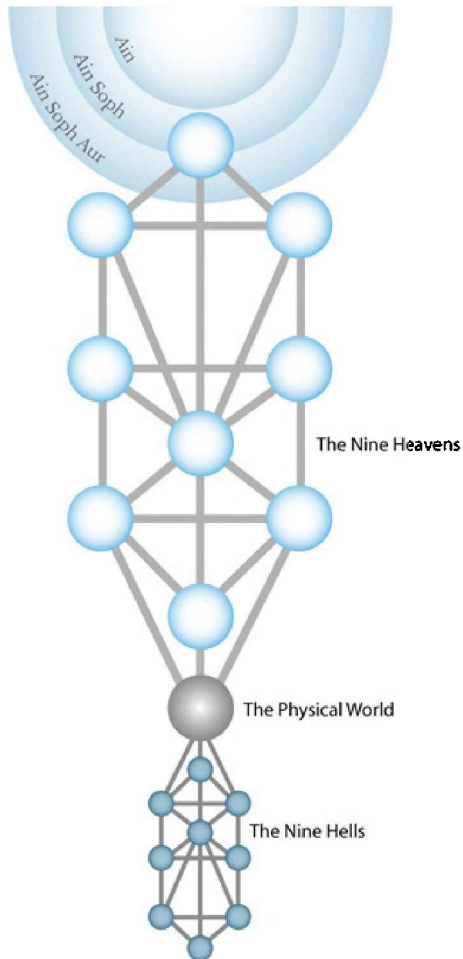
Let us remember the frightful Mictlantecuhtli and the tenebrous Mictecacihuatl, the Lord and Lady of the Infernos [respectively], inhabitants of the ninth and deepest underground of those places.

The souls who undergo the trials of the Aztec inferno later, after the "second death," enter joyfully the paradises of the elementals of Nature.

Unquestionably, those souls who neither descend to the infernal worlds after death, nor ascend to the Kingdom of the Golden Light, or to Tlaloc's paradise, or the Kingdom of Eternal Concentration, etc., will come back or return sooner or later to a new physical body.

The souls chosen by the Sun or Tlaloc rejoice much in the superior worlds before returning to this vale of samsara.

The anchorite Gnostics, after having grasped the Four Lights of dreams, can consciously visit the Tlalocan every night, or go down to the Mictlan, or contact those souls who, before returning, still live in the lunar region.



The nine heavens and nine hells as symbolized on the Tree of Life

The Guardian Angel

The first educator of any great initiate is, by its own right, the fundamental cause of all spiritual parts of his authentic presence.

Any grateful guru humbly prostrates before the first creator who gave him life.

After many conscious works and voluntary sufferings, the absolute perfection achieved in the functioning of all spiritual, isolated parts of our common presence is revealed before our tearful eyes. Then, the Being's impulse of gratitude towards the first educator is born in us.

Unquestionably, the absolute perfection of each and every isolated part of the Being can be achieved only by radically dying in ourselves here and now.

There are various stages of inner Self-realization. Some initiates have achieved perfection in some isolated parts of their Being, but they still have much work to do before reaching the absolute perfection of all parts.

It would be in no way possible to portray the Being. It resembles an army of innocent children; each of them performs specific tasks. The greatest longing of all initiates is to unify all parts of the Being.

When one achieves the inner Self-realization of the highest part of one's Being, one receives the grade "Ishmesch."

Our Lord Quetzalcoatl, the Mexican Christ, undoubtedly developed the highest part of his own Being. It should be noted that Xolotl, the Nahua Lucifer, is also one of our own Being's isolated parts.

The elemental gods of Nature, such as Huehuateotl, Tlaloc, Ehecatl, Chalciutlicue (Tlaloc's Genevieve), Xochiquetzal, the goddess of flowers, etc., assist the initiate in his elemental magic operations, provided that there is correct behavior.

Nevertheless, we should not forget our Elemental Intercessor, the elemental magician in each of us who can invoke the elemental gods of Nature and perform prodigies. This is unquestionably another one of the Being's isolated parts.

The three goddesses [in the Aztec pantheon] that represent our Divine Mother, who are actually only three unfoldings of the same divinity

(variations or offshoots of our own Being), are Tonantzin, Coatlicue, and Tlazolteotl.

Our own Being has many isolated parts. We are amazed when we behold the Lion of the Law, the two Genii who take note of our good and bad deeds, the Karmic Police, a part of our Being as well, the All-Merciful, the Compassionate One, our united Father-Mother, and the Guardian Angel.

The flaming powers of the Guardian Angel are truly extraordinary, marvelous, and extremely divine. I know what the Guardian Angel is from purely Gnostic sources, secretly kept in monasteries of initiation. These bear no resemblance to common pseudo-Christianity and pseudo-occultism that are accessible to the general public.

On reaching the very mysterious field of the history and the life of the Jinns, we have discovered not only the Chapultepec Temple in Mexico and the people from the fourth vertical, but also, to our amazement, the power of the Guardian Angel and his relationship with all this.

Let us never forget Padre Prado and Bernal Diaz del Castillo who, together, observed with delight the Anahuac priests in Jinn states.

The anchorites floated delightfully through the air and went from Cholula to the Templo Mayor. This happened every day at sunset. Never in their nocturnal walks did the Sais' disciples in the delta of the Nile, or Zaratustra's followers in the Persian plateaux, or those who meditated in Belo's Tower in Babylonia, have more majestic horizons than the ones that are observed by those who seriously persevere in Tantric dream discipline.

Outside his physical body, the Gnostic anchorite can consciously, if he wills it, invoke an isolated part of his own Being, which is defined in practical esotericism as the Guardian Angel. Unquestionably, the Ineffable will heed his call.

Transparent serenity, limitless calm, or ecstatic happiness, like that which is experienced by the soul when breaking the bonds of matter and the world, is what we feel in such delightful moments.

You can then, dear reader, deduce the outcome: magical services a la *Lohengrin* [Richard Wagner's opera] can always be received.



A scene from Richard Wagner's opera Lohengrin

If, in such rapturous moments, we ask of the Guardian Angel the favor of removing our body, which is sleeping in bed where we left it, and bringing it to us, the magical phenomenon will take place successfully.

We can sense that the physical body is on its way, brought by the Guardian Angel, when we feel a strange pressure on our psychic or Astral shoulders.

If we assume a receptive, open and quiet attitude, the physical body will penetrate our interior.

The Tantric Gnostic, instead of returning to his physical body, consciously waits for it to come to him in order to travel to the Promised Land in the fourth coordinate. Later, with the help of the Guardian Angel, the Gnostic can safely go back home to bed.

The venerable Masters of the occult fraternity travel with their physical bodies in the fourth vertical, and can leave the fourth vertical at any point they wish.

This means that the Resurrected Masters of the Superior Order have the luxury of transporting themselves without modern transportation systems, boats, airplanes or cars; not a trivial matter.

In ancient times, the use of criticism, analogy and symbology were the living core of the Alexandrian school of the Philaleteans or "truth lovers," a sixth century academy of synthesis founded by Ammonio Saccas, the great autodidact and eclectic, and Plotinus, Plato's follower. Throughout the centuries, the great initiatic value of these procedures and the doctrinal principles of Egypt, Mexico, Peru, China, Tibet, Persia, and India helped many initiates orient themselves in the path of the razor's edge. Ammonio Sacas' *Androgilia* is remarkable; it is an excellent, golden book.

Self-aggrandizement is the biggest error that many modern pseudo-esotericists and pseudo-occultists have. They love themselves so much, and they yearn for the evolution of the misery they carry within. They want to move on and long for the extension of that which in no way deserves either perfection or perpetuation.

Those people with subjective psyches believe themselves to be rich, powerful, and illuminated. They covet a splendid position in the beyond. In reality, they know nothing about themselves. Lamentably, they are ignorant of their own impotence, nothingness, shamelessness, misadventures, and psychological misery and nakedness.

We Gnostics do not yearn to be better or worse; we only want to die in ourselves here and now.

When we have the dogma of "evolution" as the foundation of our most cherished yearnings, our point of departure is false.

We, the penitents of the rocky path that leads to final liberation, are not interested in evolution. We know we are miserable and crippled, and our own evolution would be useless. We prefer supreme death; only death brings forth what is new...

Why should we struggle for the evolution and progression of our own misfortune? It is better to die.

If the seed does not die, the plant cannot sprout. When death is absolute, that which will be born will also be absolute.

Total annihilation of the self, the radical dissolution of the most loved which we carry within, the final disintegration of our best desires, thoughts, feelings, passions, resentments, sorrows, emotions, yearnings, hatred, likings, jealousy, revenge, anger, affections, attachments, passion, lust, is urgent and undelayable, it cannot be postponed. In this way, the Being's flame, which is always new and does not belong to time, can come forth...

The conception we have of the Being is not the Being. Any intellectual concept we have created about the Being is not the Being. Our opinion of the Being is not the Being. The Being is the Being and the reason for the Being to be is to be himself.

Fear of absolute death is an obstacle to the realization of radical change.

Each of us has a mistaken creation in our interior. It is essential to destroy what is false so that a new creation can come forth. We would never try to promote the evolution of falseness; we prefer Buddhist annihilation.

From the black and horrifying sepulchral grave of the abyss, arise the diverse flaming parts of the Being. The Guardian Angel is one of those many isolated parts.

Those who really know the mysteries of the Templars, which are a marvelous reflection of Bacchian, Eleusian, and Pythagorean mysteries, by no means wish to carry on their inner misery.

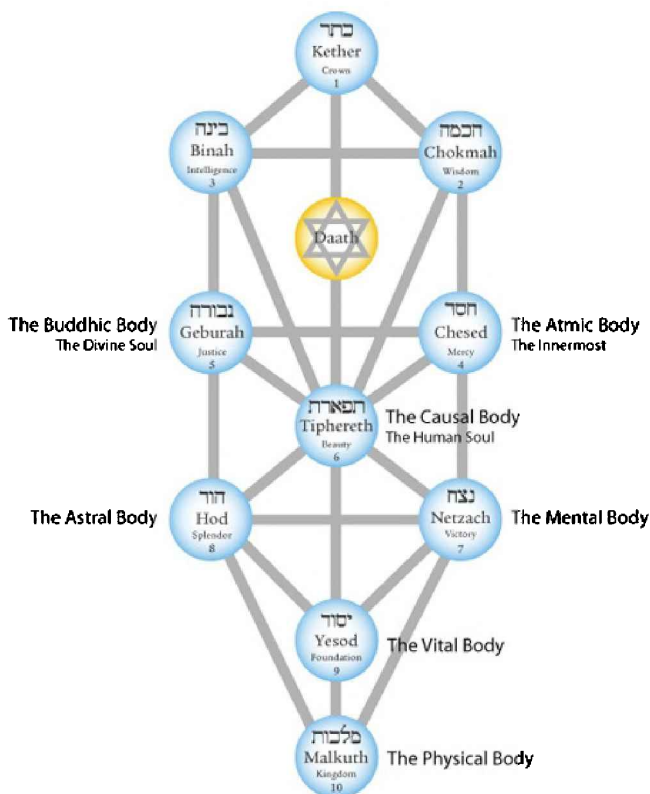
We ought to return to the original point of departure. We must go back to the primitive darkness of the Not-Being and Chaos, so that light can be born and a new creation can come forth in our interior. Instead of fearing total annihilation, we should learn how to love and fall into the arms of our Blessed Goddess Mother-Death.



Kali, a Hindu symbol of the Divine Mother who, due to love, is capable of bringing death and destruction when it is needed

Hod

Hod is the Astral World, the Astral Body.



The Tree of Life (Kabbalah) and the Seven Bodies

The Astral World is governed by the Moon. This is why astral projections become easier during the waxing moon and a little bit more arduous during the waning moon.

The Astral Plane is really the plane of practical magic. For example, in some of the tribes of the most profound jungles of the amazons, the piaches or sorcerer-priests give unto their people a special beverage in order to enter into the Astral Plane at will.

They mix the ashes of a tree called guarumo with very well-ground leaves of coca. This is administered when the moon is crescent; thus this is how the Astral projection is performed. The Piaches know very well that Hod, the Astral World, is governed by the Moon, but many Kabbalists suppose that it is governed by Mercury and they are mistaken.

The messages that descend from the World of the Pure Spirit become symbolic in the Astral Plane. Those symbols are interpreted based on the Law of Philosophical Analogies, on the Law of Analogous Contraries, on the Law of Correspondences and on the Law of Numerology. The book of Daniel and the biblical passages of the Patriarch Joseph, son of Jacob, must be studied, in order to learn how to interpret your astral experiences.

The legitimate and authentic Astral Body is the Solar Astral Body. The body of desires, which is of a lunar nature, has been mistakenly called the Astral Body.

All of the creatures of nature are lunar. They possess a lunar Astral Body, which is a cold protoplasmatic body, a bestial remnant of the past.

What we need is to build the authentic body of Hod, the legitimate Astral Body, which is a vehicle of a solar nature. This must be built in the Ninth Sphere by working in the flaming forge of Vulcan.

The Solar Astral Body is a body of flesh and bone that does not come from Adam. It is a body that eats, digests and assimilates.

There are diverse authors of a pseudo-esotericist and pseudo-occultist type that fall into the error of mistaking the ego with the Astral Body.

Modern metaphysical literature speaks a lot about projections of the Astral Body, although we must have the courage to recognize that fans of occultism are accustomed to projecting themselves with their ego in order to travel in the sublunar regions of nature through time and space.

We can travel through the Milky Way towards the central sun Sirius with the Solar Astral Body. To go beyond the Milky Way is forbidden unto us, because in the other galaxies other types of cosmic laws exist, which are unknown to the inhabitants of this galaxy.

There is a great temple in Sirius where the great Masters of this galaxy receive an Initiation. The disciples of the God Sirius are Rosicrucian Gnostics; the true Rosi-Cross is in the superior worlds. The disciples of the Rosi-Cross have the Holy Grail emblazoned on their hoods. They also celebrate the drama of the Christ, because it is a cosmic drama.

Our disciples must acquire the power of travelling with the Astral Body. This power is acquired by daily vocalizing for an hour the sacred mantra **Egipto**. The vowel "E" (sounded eh) makes the thyroid gland vibrate and grants unto the person the power of the occult ear. The "G" (as in good) awakes the chakra of the liver, and when this chakra has reached its complete development the person can enter and depart from the physical body whenever it is wished. The "I" (sounded eee), when combined with the letter "P" develops clairvoyance and the power to leave in the Astral Body through the window of Brahma, which is the pineal gland. The letter "T" beats upon the vowel "O," which is intimately related with the chakra of the heart. Thus, the human being can acquire the power in order to detach from this plexus and depart in the Astral Body.

The correct pronunciation of the mantra Egipto is as follows:

Eeeeeeggggggggiiiiiiiiiptooooo

Some still do not attain the capacity of departing in the Astral Body with other clues because they do not have that power. Then they must acquire this power, firstly, by vocalizing for one hour daily the mantra Egipto. This mantra completely develops the chakras related with the projection of the Astral Body. This is how the disciple acquires the power of astral projection. The disciple could then enter and leave the body at will.

The Egyptian mantra that is utilized in order to depart in the Astral Body is the following: **FARAON**. This mantra is vocalized in those instances of transition between vigil and dream, having the mind placed in the pyramids of Egypt.

The correct pronunciation of the mantra FARAON is as follows:

Faaaaarrrrrrraaaaaaaaoooooonnnnn

This mantra is used in order to depart in the Astral Body and, as we have already stated, it is pronounced during the state of transition between vigil and dream with the mind concentrated on the pyramids of Egypt. Nonetheless, the disciples that do not have the power of departing with the Astral Body must first acquire it by vocalizing daily for one hour the mantra Egipto.

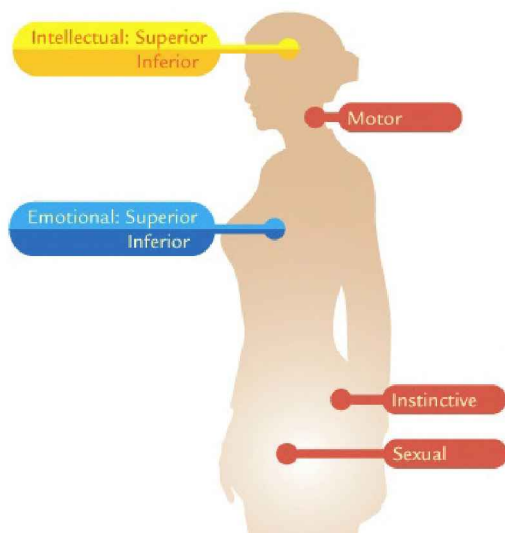


The pyramids at Gizeh

The Science of Meditation

We are going to talk about the science of meditation. But first we should prepare ourselves in a positive manner in order to receive this type of superior teaching to take advantage of time. This is the moment for us to understand the need of giving more opportunity to our consciousness.

Normally we live on different levels of our interior temple. There are people who always live in the lower levels; those are the ones that are concentrated exclusively in instinct and fornication, the fourth and fifth levels (instinctive and sexual centers, respectively), levels that have been used in a negative way.



Others live on the third level (motor center) and never leave it; they always move following the patterns of predetermined customs, along the line of certain habits. They never change; they are like a train that always runs over the same tracks. These third-level types of people are so accustomed to their train of habits that they are not ready to surrender them.

Others live on the first level (the intellectual center); others, on the second level (negative emotions). Those who live in the intellectual center want to turn everything into rationalism, analysis, concepts, or arguments, and they never leave that place. Others live in the emotional center dedicated to the

vices of movies, racetracks, bullfights, etc.; in reality, a very limited and narrow world.

They live enclosed and enslaved by negative emotions, never thinking of escaping from such places. It is necessary to insist upon giving opportunity to our consciousness.

There are different types of dreams: intellectual and emotional dreams, others that belong to the motor center or sexual center, or others that are exclusively related to sexual activities. These types of dreams always reflect situations lived during the day; they are repetitions of daily activities.

If people live on the emotional levels, their dreams will reflect situations of terror or craziness; if they live on the sexual level, their dreams will be of lust, adultery, fornication, masturbation, etc. If the dreams belong to the instinctive center, they become incoherent, so submerged that it is impossible to understand them.

Each of the five centers of the human machine produces certain types of dreams. Truly we have to say that only the dreams that belong to the Superior Emotional Center (seventh level) are the ones to which we must give attention. The same can be applied to the positive aspect of the sixth center (Superior Mental Center). Dreams from any of the inferior centers (the instinctive, motor, sexual, emotional, or intellectual) do not have any importance.

We need to be able to distinguish from which center the dream is coming. This is only possible by knowing the activities of each of the five centers of the human machine. Dreams from the Superior Emotional Center are the most important because in them we find perfect, organized dramas, in accordance with the daily activities of our consciousness if we give it the opportunity to work.

What happens is that the Ray of Creation from which we emanated constructs everything from the Superior Emotional Center. It is from there that diverse superior parts of our Being, related with the Ray of Creation, are manifested through this center in order to instruct us during our hours of sleep; then well organized, clear and precise scenes are presented to us so we will be able to understand our situation, our errors and defects, etc.

Of course, the language of the Superior Emotional Center is symbolic, allegoric and corresponds to the Hermetic Kabbalah, to Hermenetics, etc. Unquestionably, it is through this center that any person dedicated to esoteric studies can receive correct and precise information.

We have taught you to sleep on your back with your head toward the north, relaxing the body and praying (supplicating) to Divine Mother Kundalini to give you esoteric instructions. We have also taught you the need to lie down on your right side in the lion posture.

When you tire of the right side, you can switch to the left side, keeping the lion posture. Once the disciple wakes up, he should not move but should try to do the retrospective exercise in order to remember all the dream experiences until they are imprinted and registered clearly in his brain and memory. But I want to clarify that not all dreams are important.

For example, pornographic sexual dreams, erotic dreams with nocturnal emissions, are dreams of an inferior nature. Also instinctive, motor dreams do not have importance because they are only reflections of one's daily activities. Dreams related to the lower emotional center do not have importance because they are of a passionate, brutal type.

Intellectual dreams are only projections and are also of no value at all. I repeat, only those related to the higher Emotional Center should be considered; but in addition, we need to understand the meaning of our dreams in order to avoid mistakes.

It is necessary to interpret the allegoric messages received through the Superior Emotional Center, because those are the teachings coming from the White Brotherhood or from the superior part of our Being. This makes us see the urgent necessity of understanding the profound meaning of all symbolism which should be deciphered in a very precise way in accordance to our development.

After all clarification in relation to dreams, I should tell you we urgently need to pass through the dream or Astral world to become awake in the inner superior worlds. This is possible only when we give greater opportunities to our consciousness.

Normally people act and react in response to the impacts coming from the outer world. Compare this to the example of a lake in which we throw a stone; we see how the stone produces rings that spread from the center to the edge of the lake. This is the reaction of the water to the impact coming from the stone (external world). Something similar happens to the mind and feelings. If someone hurts us with words, the impact of the word reaches the intellectual center or the thought center and then the person reacts in a violent way; if someone offends our senses, we feel annoyed and possibly react in a brutal way.

In every circumstance of life the mind and feelings take an active part reacting consecutively (in response to the external stimulus). A better response would be not to give any opportunity to the mind or feelings; it is urgent to develop a tranquil, quiet mind. This of course bothers the "mentalists" everywhere.

The idea of a quiet mind is opposed to all those who say that "in the mind is the power" and that "man must be a king who commands and dominates with his powerful mind." They are sophisms of the mentalists, like those who say, "He who learns to manage his mind is sure to triumph like the arrow of the old archer." Finally, at the very end, they are nothing more than sophisms extracted from those intellectual fantasies which have no esoteric form.

To negate thinking—this horrifies the mind positivists, but nevertheless the negated form of the mind is the most eloquent; not thinking is the most elevated way of thinking. When the thinking process of the mind is over, the new way arrives; this is what you need to understand.

A calm mind that is at the service of one's real Being results in an efficient instrument, because the mind is made to be receptive, to serve as a receptive instrument, not as an active instrument. The mind itself is feminine and all the centers should work harmoniously in accordance with the universal symphony of passive serenity. In these conditions we should not permit the mind to project; we need a tranquil mind to put to the service of the different circumstances of our existence.

Until a short time ago, I myself thought that emotions or sentiments came from the real Being, but with investigation and experience I have come to verify that they pertain to the ego and that they are intimately related to the inferior emotional center.

The therapy we need to know profoundly in order to avoid any interior unbalance that can cause outer repercussions is that which will not permit the mind any kind of reaction. If someone hurts us, we must not permit the mind to react. Wish that there will always be someone who can hurt us in our feelings daily, so that we can in that way train our mind better to be passive. The more insults we receive, the better for our training, because we will have more opportunities to stop the reaction of the mind and feelings so that they do not intervene in any circumstance of our lives.

Of course, the passive state of mind, emotions and personality demands a tremendous activity in the consciousness; this shows us that the more active

the consciousness, the better for reaching its awakening, because that way the consciousness has to inevitably awaken, being in perpetual activity.

Just now, Buddha Gautama Shakyamuni came to my mind. On a certain occasion, the great Buddha was sitting under a tree in profound meditation when a man arrived and began to insult the Buddha, trying to hurt him with his words.



The Buddha Shakyamuni

After a while, the Buddha opened his eyes and asked the man, "If someone brings you a gift and you do not accept the gift, to whom does this gift belong?"

The man answered, "To the one who brought it, of course."

Then the Buddha said, "My brother, take your gift; I cannot accept it," and continued to meditate.

There is a beautiful, sublime lesson. Buddha did not permit his mind or sentiments to react under any circumstances because he was living fully awakened in his consciousness; there was no outer reaction. That is the way we should behave, dear disciples.

The school is everywhere; we have to take advantage of it and learn wisely. We have it in our houses, our offices, the shops, or factories, in the street... everywhere, even in the temple, with our fellow students, our children, father, wife, nephews, grandsons, cousins, friends, etc.

All are psychological gymnasiums. As hard as it will be, as difficult as it looks to us, it is indispensable for all of us. The secret is not to allow our mind and feelings to intervene in the practical daily activities of our lives.

We should allow the consciousness to be the one who commands, directs and works, the one who talks and executes all one's daily activities. That way we prepare harmoniously for meditation.

From the practical point of meditation, we must say that what we are looking for goes beyond mind and feelings. This is only possible if in our practical daily life we have trained ourselves intensively and prepared ourselves in our daily lives for this wonderful goal.

Meditation becomes difficult when in our daily life we have not passed through a rigorous training, when we have not trained properly in the psychological gymnasium using social and family life as a training field.

During meditation, we should release the Essence, the Buddhata, the best inside of us, the most dignified and decent. Precisely the Essence or Buddhata is enclosed within the inhuman elements or psychological aggregates that constitute the "I" or ego.

It is not possible to experience Reality or Truth, that which interests all of us, unless we free the Essence, which is trapped in the ego; if we do not, we will have to continue to live on in a world of dreams, in the intellectual center, emotional center, motor center, instinctive or the sexual centers. We want to be able to escape, to experience Truth. The great Kabir Jesus said: "Know the Truth and it will make you free."

Truth is not a question of theories; it is not a question of believing or not believing. It is not a matter of concepts or opinions.

Can you form opinions in relation to Truth?

What is an opinion? It is the projection of a concept, keeping the doubt and fear that truth is another thing.

What is a concept? Simply an elaborated reasoning projected by the mind; it can coincide or not coincide with something.

Can we assume that a concept or an opinion given out by the intellect would be precisely the Truth? No.

What is an idea? An idea can be magnificent; for example we can form an idea in relation to the Sun; such an idea could be more or less exact, or more or less mistaken, but they are not the Sun. That way also we could form multiple ideas in relation to Truth but they are not the Truth.

When Jesus Christ was asked what is Truth he kept silence; when Gautama Shakyamuni the Buddha received the same question, he turned back and walked away. Truth cannot be defined by words; the same with a sunset. Anyone can go into ecstasy while watching the Sun beginning to hide behind the golden splendour of the mountains, but trying to communicate to others this mystical experience is very difficult because others will not feel the same.

So Truth cannot be communicated. Truth is real for the one who has the experience. When freed of the ego we can experience Truth, we can perceive a radical transforming element within us as a high voltage element. This is possible but we have to know how to get it: by putting to work our consciousness to replace mind and feeling so that the integrated consciousness in us will be the one to function.

We must have a passive mind, a passive feeling and a passive personality, but have a totally active consciousness. To understand this is indispensable; it is urgent if we are to become practical meditators.

Meditation

With the technique of meditation what we are looking for is information. With a microscope we can see the life of microbes, bacteria, cells, microorganisms, etc. Any telescope can give us information about the celestial bodies, planets, meteorites, stars, etc. But meditation goes beyond and would permit us to know the Truth from something so small to something as grand as the Sun, the Truth of an atom or a constellation.

The most important thing is to learn to know how we can disentangle, take out our consciousness from our mind and ego, to know how to extract the consciousness from within the feelings. When we dominate the mind and feeling, obviously, we are breaking chains; we are coming out of that deadly dungeon, of that jail. In this way, we are preparing ourselves for meditation.

Before anything we have to know how to meditate, we have to learn the correct technique. In the Oriental world they put a lot of emphasis on the Padmasana position with the legs crossed, but we are not orientals and should meditate in accordance with our own customs and style. As a matter

of fact, not all the orientals meditate with their legs crossed. What is important is that each person should adopt the position best for him. If you want to meditate with your legs crossed, do it; we are not going to prohibit this, but this is not the only practical position for meditation.

For a correct meditation we can take a seat in a comfortable chair, with arms and legs relaxed, without tension in our muscles; or if you wish, you can lie down and take the position of the five pointed star (hands and legs open to each side) with one's head toward the north. Remember, you can take any form or position you like or the most comfortable for you.

If in reality we want to separate our consciousness from our mind, feelings and the psychological "I," it does not matter which position we take. The important thing is to know how to meditate; do not worry about the other things.

One person may take an oriental position, another an occidental one, another whatever position he wants; the important thing, I repeat, is to be comfortable so you can have a good meditation. Every person is unique and should look for the most comfortable position without being held by any rule, pattern or position. It is very convenient to relax the body. It is indispensable that the chosen position feels good to the body.

Many times I have explained to all of you how to work with the mantra HAM-SAH; pronounced HAM (silently, with the inhalation), SAH (vocalized aloud, exhaling like a soft sigh). This mantra is the wonderful symbol that in the Orient makes fertile the chaotic water of life, the symbol of the Third Logos. It is very important to know how to vocalize this mantra and to know about its powers.

Normally sexual forces flow from inside out (centrifugal way); due to that, wet dreams occur when having a dream based on the sexual center.

If man would organize his vital systems and instead of propitiating the centrifugal system will use the centripetal system, that means to make the sexual forces run from outside in making use of transmutation, then even if he had an erotic dream there would be no wet dreams. But because man does not have his sexual forces organized, he will have wet dreams, the loss of the sacred sperm or spermatric liquor. If we want to avoid wet dreams, we have to learn to organize our sexual forces.

These forces are profoundly related to breath, to Prana, to life; that is obvious.

There is a close and deep relation between sexual forces and respiration. Both, well combined and harmonized, originate profound changes on the anatomy and the psychology of man. What is important is to make the sexual forces run within and upward on a centripetal course. Only in that way is it possible to produce a radical change in the work and functions that can be accomplished by the creative sexual force.

It is necessary to imagine the creative energy in action during meditation. We have to make it rise to the brain in a natural and rhythmic way, using the vocalization of the mantra that I explained before without forgetting the synchronization of the inhalations and exhalations in perfect concentration, harmony, and rhythm.

It is very important to clarify that inhalation should be more profound than exhalation, because that way we make the creative energy flow from outside in. With this practice there is a time when all the creative energy will flow from outside inward and upward.

The creative energy directed each time from outside inward deeper and deeper becomes an extraordinary tool for the Essence to awaken consciousness.

I am teaching the legitimate White Tantra; this is the practice used in the Tantric schools of the Himalayas and Hindustan. This is the way to ecstasy and Samadhi, whatever you wish to call it.

During this practice you should keep your eyes closed without thinking of anything. Unfortunately, some desires may hit the mind; we should study them without identifying with them. After these desires have been understood fully in all their aspects, then we are able to disintegrate and destroy them using the spear of Eros.

But if suddenly we remember something that happened to us that brings us rage, what can we do? Stop the rhythmic breathing for a while and try to understand that event which caused that rage in you. Let us study that situation carefully in every detail and disintegrate it with the bistoury [surgical knife] of self-criticism and then forget it and continue our meditation and breathing.

And if suddenly it comes to our mind the memory of a past event of our life that happened ten or twenty years ago, use the same self-criticism and the same bistoury to disintegrate such a memory to discover what truth is to be found there.

Continue the meditation and respiration without thinking while chanting the mantra HAM-SAH, lengthening the inhalation with HAM and shortening the exhalation with SAH. Repeat the mantra Hhhhhhhaaaaaammmmm - Sssssssaaaaaaahhhhhh, remaining completely calm of mind; only in that way will the Essence be able to escape for a moment in order to submerge herself in Reality.

A lot has been said about the Illuminating Void. We will, of course, be able to experience it, and in this emptiness we will discover the Laws of Nature. We can see these laws not in the way we normally see them, but the way they really are. In this physical world we can see figures from outside, but can we see them as they really are within, or from the sides, etc.? In the Illuminating Void we can know the Truth as it really is and not the way it appears to us. We can experience the Truth of an ant, a world, a sun, a comet, etc.

The Essence submerged in the Illuminating Void perceives with its spatial sense everything that was, is, and will be. Her radiations will reach the personality and the mind. It is interesting to know that while the Essence is submerged in the Illuminating Void, it experiences Reality. The emotional and motor centers will integrate with the intellectual center, and the receptive mind will capture the information received by the Essence. For that reason the information is accumulated in the intellectual center; thus, we do not lose it when the Essence comes out of the Illuminating Void and penetrates the personality.

It has been said that to obtain Emptiness we need a suction pump. We have that pump in the spine in the channels Ida and Pingala used by the creative energy to reach the brain. Also it has been said that we need a dynamo; we have one in our brain and willpower. It is obvious that we also need a generator. Fortunately this is the procreative organs (the sexual organs and willpower).

Having the system and elements, we can reach the Luminous Emptiness; the pump, the dynamo and the generator are the elements we need to reach the Illuminating Void in our meditations. Only through the Illuminating Void can we know Reality, but it is necessary that the Essence penetrates the Absolute Emptiness.

In the old texts, they talk a lot about the Holy Okidanokh: Omnipresent, Omnipenetrating, and Omniscient. He comes from the Sacred Absolute Sun. How can we know truly the Holy Okidanokh if we cannot penetrate the

Luminous Emptiness? It is well known that the Holy Okidanokh is within the Illuminating Void; it is one with the great Emptiness.

When you are in ecstasy, you surpass personality; when you are inside of the Luminous Void and experience the Reality of the Holy Okidanokh, you are one with the leaves, the water... you live everything that exists. The only thing you need is courage so you do not lose the ecstasy, because when one feels that one is diluted in everything and feels that one is everything, one experiences the fear of annihilation.

One thinks: "Where am I? Why am I everywhere?" Reasoning comes and one can lose the ecstasy returning to the trap again, enclosed again by the personality; but if one has courage, one does not lose his ecstasy.

At this moment, one is like a drop that is submerged in the ocean, but one has to realize that the ocean is submerged in the drop as well. You will feel you are a bird flying, a deep forest, a petal of a flower, the children who play with a butterfly, an elephant, etc. This situation brings terror and you can fail in your meditation.

It is indeed in the Sacred Absolute Sun where one comes to know the final Truth. In the Sacred Absolute Sun there is no time. There, the time factor has no existence. There, the universe is all One and the phenomena of nature take place beyond time.

In the Sacred Absolute Sun we can live in an instant eternity. There, one lives beyond good and evil, transformed into radiant creatures.

Therefore, once one has experienced Truth, he cannot be like those whose lives are based on creed, no; there, one experiences the urgent necessity of working in the Innermost Self-realization of one's Being here and now.

It is one thing to experience or to truly live the Illuminating Void and another is to achieve Innermost Self-realization. Because of this we need to know how to meditate, to learn to meditate; it is urgent to understand meditation.

I hope that you listeners will understand this, that you will practice meditation so one day you will be able to liberate the Essence and experience the Truth by yourselves. The one who is able to liberate the Essence and to enter the Illuminating Void will be distinct; he will no longer be like the others. For this you need a special course; such persons will be different, ready to fight up to the maximum with their only purpose being to realize here and now the Illuminating Void within.

In the Orient, when a disciple reaches these marvellous experiences by experiencing the Truth and comes to tell his Guru, the Guru strikes him hard with his hands; it is clear that if the disciple has not ordered his mind, then he will react against the Guru. Will he not?

However, these disciples are already well trained. Gurus do this to equilibrate the values and to test the disciple, to see how he is progressing in the elimination of his defects.

I hope that all of you have understood deeply what the science of meditation really is; I hope that you will practice intensively in your homes and in places of meditation.

Question: Master, how can we control the fear when we feel that we are in the Illuminating Void?

Samael Aun Weor: It is necessary to fight fear, forcing it to disintegration, until it is converted to cosmic dust. For that reason we have given you specific techniques for disintegrating your defects, using the spear and with the help of your Divine Mother. Of this, we have spoken amply in my book, The Mystery of the Golden Blossom.

Dream Interpretation

Dreams and visions occur during sleep (hypnos in Greek) that mythologically speaking is derived from the Greek God "Hypnos," the God of sleep. This is the source of the word "hypnosis." Yet the Greek God of dreams is Morpheus. The Greeks represented him in a sleeping posture.

Sleep has two aspects: first, the process in which all the organs and parts of the physical body rest and second, when all the subconscious faculties are working while the physical body is resting, which is the process of dreaming.

The dream world is very complex and difficult to understand; this is because our psychological state is lamentable.

During sleep all of our subconscious, unconscious, and infraconscious processes are active. So, entering into the realm of dreams without awakened consciousness is like entering into a dark cave without light.

Dear reader, you must know that the best way to interpret the language of dreams is by exclusively working with the inner process of the awakening of the consciousness.

The three aspects to awaken the consciousness are:

1. To die in ourselves: Eliminating all the negativity that we are carrying inside (vices, defects, errors, egos, sins, etc.).

2. Birth: Transmuting the sexual energy and creating inner bodies. This process is alchemical and must be performed between a man and a woman with the assistance of the Divine Mother.

3. Sacrifice for humanity: Helping and assisting our brothers and sisters on the path, raising the torch of understanding to illuminate the path for others.

We need to understand that the subjective reasoning of the mind doesn't let us see the world of dreams clearly.

We must use the faculties of the heart (Intuition) instead of the mind, as the Egyptians stated: when it is not illuminated, the mind is the destroyer of reality.

Our mind has to be simple, humble and full of respect.

The mind is like a wild horse and we have to learn how to control it with the whip of willpower. No one can enter into higher initiations with the mind; only the heart can lead us to higher levels because the heart has a wonderful power if we develop it wisely. Intuition can open the entrance so that we can enter consciously into the world of Morpheus. Intuition is the faculty that can be developed through different practices. Use the following practice to develop intuition:

While the student lies down on a bed in a comfortable position, he must relax all the muscles of the physical body.

One has to concentrate and focus all the attention on the heart, imagining that from it a very bright sun, irradiating light, is sending love to all beings while pronouncing the mantra **ONRO** in this way:

oooooooooooooooooooooooooooo.

When pronouncing this mantra ONRO, we must put our imagination and concentration in the heart with each letter; the chakra of the heart (Anahata) might be seen as a bright sun spinning the same way the needles of the clock rotate (clockwise, as if we were seeing the clock in front of us). Do this practice at least one hour a day, and it will develop intuition; this way, the student will be able to interpret the meaning of his dreams.

There are emotional, sexual, intellectual, motor, and instinctive dreams.

The most important dreams are called **visions**; these are direct oneiric experiences in the world of dreams with the superior centers of the Being. These dreams are associated with the Superior Emotional and Superior Intellectual centers; some of them are conscious experiences. These two superior centers (Superior Emotional and Superior Intellectual) when acting create a kind of spark with a cosmic vibration with the intention of healing us, or warning us of any danger, or showing us our psychological states, or prophesizing our future, etc.

Types of dreams

Associations: Dreams in which what we experience has an affinity or a correspondence to something psychologically similar. Example: (in a dream) seeing oneself in a desert is psychologically associated with loneliness. Seeing a bull is interpreted as either a dangerous friend in the physical plane or our psychological capital sin of anger, etc.

Opposite Analogies: Many dreams are interpreted based on the opposite meanings. Example: candies are interpreted as bitterness, crying as happiness, and vice versa.

Prophetic or predictive: During conscious Astral travel, we can be taken to the future to see things, actions, projects or processes that will take place at some undetermined time. These kinds of dreams can also be given based on opposite analogies, numerology, associations, etc. Any prophesy or announcement can especially occur on Wednesdays between 9:00 pm and 3:00 am.

Rules for Dream Interpretation

1. **See and analyze the psychological impression that the dream has caused.** If the dream impresses us a lot, it means that what we saw will affect us and our beloved ones in a determined way. But if the dream doesn't impress us a lot, this means that whatever will happen, positive or negative, will not affect us. However, if we are indifferent to that dream then it will not affect us.
2. **The time (date) when the dreamed situation will take place physically.** If a person dreamed that he saw an animal, the time (date) for that dreamed experience will take place physically, and we will know it if we calculate the time of birth of this animal starting with the conception. Another example: If we dreamed of a plant, we calculate the time according to the time that the seed takes to grow. But if the person dreams of an object or element where the time is difficult to calculate, it means that such a dreamed situation, if it is a prophesy, will take place in an indeterminable time.
3. **The colors and sounds in a dream.** White and sky-blue and all light colors alongside peaceful and enjoyable sounds are of very favorable meaning. The color and sounds totally change the prediction or prophesy.

Note: The only ones who can interpret dreams in the exact way are those who have awakened consciousness and are Masters of the White Lodge; those who have eliminated the ego (defects, vices, "I's," sins, etc.).

The readers of this book must not fall into errors by judging a person because of their dreams or because anything else. We are asleep and do not have the light to understand the meaning of dreams; no one can judge another for their own interpretation. The only one who can judge is the Being. The student must work hard and eliminate the ego, transmute the sexual energy, and sacrifice for humanity.

Plato said, "A man is known by his dreams."

Astral Projection

My friends, it is important for you to comprehend the necessity of learning how to leave the physical body at will. I want you to understand that the physical body is a house within which we must not be as prisoners. It is indispensable to enter into the region of the dead at will, to visit the celestial regions, to know other worlds of the infinite space.

Outside of the physical body, one can give to himself the luxury of invoking beloved relatives who already passed through the doors of death. They will concur to our call; then we can personally chat with them. Necromantic magicians exist who know how to invoke the deceased ones in order to make them visible and tangible in this physical world. Nonetheless, we prefer to penetrate within the region where they live and to visit them in order to know how their situation is, etc.

When out of the physical body, we can acquire complete knowledge about the mysteries of death and life. Out of the physical body, we can invoke the angels in order to talk personally with them face to face.

It is good for you to understand that we had other bodies in the past, we had other existences. When we are out of the physical body, we can remember those existences. We can revive them with complete exactitude.

The clue in order to go out of this dense form, out of this carnal body, is very simple. Attend to me very well, listen: in those instants of transition that exist between vigil and dream one can escape from the body of flesh and bones at will.

A very special case comes into my memory in these moments: Some time ago, I arrived to a town and looked for a hotel, but all the hotels were full; there were no accommodations for anyone. Nonetheless, I obtained accommodation within a hall for guests. There were many beds where the guests were sleeping. I paid for the last one of those beds that was vacant and I fell asleep on it. However, it so happen that at about midnight, a man knocked at the door of that house asking for accommodation. The owner of that business took him to our hall and told him, "I do not have beds, look: all of them are occupied."

The guest complained and said, "There is no accommodation in any place, thus I am determined to sleep in this hall, even though I will do it on the

floor. Please, place on the floor for me a floor mat, rug, or carpet and a pillow for my head, because I am very tired."

The lady, the owner of that guest house, was touched, and joyfully consented to what that man asked. I was awake, seeing and hearing everything. Then, the cited guest laid down on the floor, and he intended to fall asleep. I observed details while the man was in the vigil state: he moved from one side to the other as if he wanted to accommodate himself to the hard floor. Then suddenly, he became still and I saw with astonishment an ovoid, grayish cloud that was leaving through the pores of his skin around all his body. The cloud floated for a few instants over that tired body and finally, placing itself in a vertical position, it took the figure of that pilgrim. He fixedly stared at me and thereafter, he walked normally and left the hall.

Behold, my friends: that always happens while in the state of transition between vigil and dream. The pilgrim simply withdrew from his dense form.

All of you do the same thing, but in an unconscious way. I do not want to tell you with this, that the gentleman from this story had performed a conscious astral projection. Nonetheless, the same action can be performed positively and consciously by will.

Indeed, this is a natural process. Therefore, to become aware of our own natural processes can never be dangerous. To consciously perform all of our functions instead of performing them unconsciously and unwillingly, is in no way dangerous. Therefore, I put certain emphasis on the necessity of taking advantage of the instant of transition between vigil and dream, in order to abandon the body of flesh and bones, thus entering into the region of mysteries.

Incredulous people exist who say, "What can you know about that which is the beyond? What can you know about that which is from the heaven above? Have you perhaps gone into the other world and come back again?" Etc.

Dear friends, I assure you that with this procedure you can go into the other world and return from it. I can swear to you by what I love the most in life, that I go into the other world each time that it pleases me, and that you can go also. What is important for you is to not be afraid.

When I want to depart from my physical body at will, I take advantage of that instant in which I am slumbering, in that moment in which one is neither completely awake nor completely asleep. Thus, in that precise moment, I perform what that pilgrim of my story performed. I get up very softly, feeling myself as if I were vaporous, fluidic, gaseous, then I leave my

room as that mentioned guest from the guest house did, and I direct myself towards the street.

Space is infinite; thus, flying, I can go to any place of the Earth or of the infinite. You can do the same, my dear friends, the whole matter rests only on your will to do it.

First of all, you must not identify with the material body. In the precise moment of executing the experiment, you must think that you are not the body; you must comprehend that you are soul. You must feel yourselves as being a fluidic, subtle soul. Thereafter, feeling thus, in that state, simply get up from your bed.

What I am stating must be translated as facts, my dear friends. Listen to me very well: it is not a matter of thinking that you are getting up from your bed, otherwise, you will remain there thinking that, and you will not perform the experiment. I repeat: what I am emphasizing must be translated into facts. You must perform exactly what that pilgrim of my story performed; he did not position himself to think that he was going to depart from his body, he simply acted: he simply got up from the hard floor where he was lying down. I repeat with complete clarity: he got up being subtle, vaporous; thus, like that, he departed from that place.

When are you going to understand me? In which epoch of the history of your lives are you going to learn to depart from your physical body at will?

Do you want to know something from the beyond? Do you want to chat with divine beings face to face? Then, when you are out of your physical body, invoke them, call them with shouts; it is clear that they will concur because of their love towards you, with the purpose of instructing you.

The whole matter that is needed is to abandon laziness and to pay attention to the process of dreaming, because the blankets, bedclothes, or sheets with which one is covered become very pleasant, and it is very difficult to leave the indolence, the slothfulness. Remember that willpower is indispensable; thus, if you exert your will in order to depart from your body, you will achieve it, if you follow my instruction with exactitude.

All of the sages of the past abandoned the dense form in order to consciously and positively travel in infinite space. Then, they spoke with the Holy Gods; thus they received marvelous instructions.

We can experience in a direct way all the mysteries of life and death when we are outside of this physical world.

Now, you comprehend why I put so much emphasis on the necessity of learning how to depart from the physical body at will.

Question: Master, is it necessary to have some previous learning in order to depart from the physical body, or do some exist who know how to do it from birth? I have heard many people say, "I know how to travel in the Astral world." Would you explain if this is the same?

Samael Aun Weor: My respected lady, your question is certainly very suitable. In the name of the truth, I have to tell you that nobody had to teach me how to Astral project myself, because I was born with that faculty; this is why I know the mysteries of life and death. Now, you can explain to yourself where I get all of the knowledge that I have written in my books.

Nonetheless, my case is not an exception: my wife Litelantes also knows how to depart from her physical body at will. We Astral travel together: we visit the temples of mysteries, we help many people from remote places, we investigate mysteries, we talk with the Gods, the Angels and with the ineffable Devas. Thus, when we return into our physical bodies we bring the same memories. This is similar to when two persons leave their homes in order to have some recreation on Sunday, and then they return and talk about the distinct occurrences of their journey.

There exist many people in distinct parts of the planet Earth who know how to depart from the physical body at will. Therefore, it is necessary that you also learn how to do it in order for you to know the great marvels of Nature and the cosmos and in order to know what is beyond death.

Question: Master, you tell us that in order to project oneself into the Astral plane, one has to take advantage of that given moment when one is between vigil and dream; can we not make it in other moments?

Samael Aun Weor: Dear young lady, I want you to know that when one is very skillful in this matter of Astral projection, one can escape from his physical body at will, even if your carnal body is seated or if it is on its feet. However, I repeat, the latter is only for very practical, skillful people. What is normal and natural is to lay down on the bed in order to Astral project oneself.

Question: Master, can we invoke any special Master so that he can help us in our Astral projection attempt?

Samael Aun Weor: Friend, allow me to tell you that invisible beings who can help us do exist. Nonetheless, you can ask for help from your own

particular Divine Mother. I am referring to your own Mother Nature, because it is obvious that each one has their own. You must beseech Her in the name of Christ so that she can take you out of your body in the precise instant in which you are in that state of transition between vigil and dream.

Question: Master, does any special prayer exists in order to call our particular Mother Nature? If there is, can you teach it to us?

Samael Aun Weor: Benevolent disciple listening to me, I am going to give you advice which can assist anybody in the world: You must lay down on your bed, facing upwards with your body very well relaxed, and become sleepy while reciting with your thought and with your heart the following prayer:

I believe in God,

I believe in my Divine Mother,

And I believe in white magic;

Mother of mine, take me out of my body.

You must recite this magical prayer with full devotion and with intense faith. Become sleepy, and if it is necessary, you must pray it millions of times. However, remember that saying which states, "Strike with thy rod while thou art begging God."

Thus, when you feel yourself in that state of lassitude which is proper to sleep, when in your mind the first images of dreaming start to appear, then please, I beg you, defeat your laziness, and, feeling yourself like a delicate and subtle phantom, perform what the pilgrim of our story did in the hall of that guest house; that is: get up from your bed and leave your home. Understood?

Question: Master, can we ask our particular Mother Nature to take us to a determine place, or does She takes us where we must go in accordance with our preparation?

Samael Aun Weor: The question which you ask is very good. Our Divine Mother knows the place where She can take each one of us. Nonetheless, we also can ask Her to take us to this or that given place. Thus, if She wants to do it, very well. Nevertheless, if She does not want to take us where we want, but instead She transports us to another place, then we must take with gladness Her decision, because it is clear that our Mother knows what we need, that which is most convenient to us.

The Astral Body

Within occultist literature, a great deal has been written regarding this very interesting theme of Astral Projection.

Here, it is very opportune to cite the undesirable hypnotic phenomena of the mentioned Laurent (July 10, 1894) in which the famous hypnotist Colonel Rochas experimented with hypnotism. He achieved with lamentable imprudence (like those who despise the classic *Ars Magna Brevis Experimentum Periculosum*) what can be summarized as hypnotic states separated amongst themselves by many other lethargic states (people who are dedicated to this subject matter know all this very well).

Onto the three typical hypnotic states known as lethargy, catalepsy, and somnambulism, Colonel Rochas added many other more profound states, thirteen in all. These states were separated amongst themselves by successive lethargic states in which the patient seems to sleep more and more in order to successively awaken into "new states" each time more distant from the state of vigil.

In state number five, a blue phantom appears on the left side of the hypnotized patient. Likewise, in state number six, on the patient's left side another phantom appears but red. Then, upon reaching state number seven, both phantoms unite and become one and co-penetrates into irregular white-violet bands when reaching state number eight.

In state number nine, the Astral double, thus integrated, starts to enhance a relative liberty of movements, although without severing the silver cord which connects to the physical body since the rupture of such a cord would signify death.

In hypnotic state number eleven (according to the sayings of Colonel Rochas), the Astral double tends to its emancipation, to become totally released from its physical ties, while some certain repugnant forms or diabolic "T's" viscerously move in and out of the double, producing terrible convulsions within the patient.

Now that we have reached this section of this chapter, it is convenient to clarify that Colonel Rochas qualified the demonic "T's" of the patient as "repugnant larvae."

When the unhappy patient sees himself assaulted by such animalistic creatures (each time increasing in number), he feels the loss of his vital forces and anguishly asks to be awakened and thus liberated from such a nightmare. This is state number twelve.

State number thirteen is definitive: the hypnotized patient is totally released from his physical ties; thus, he freely travels within the superior dimensions of space.

It is clearly comprehensible that all of these hypnotic experiments are criminal in their depth. The hypnotist in this case is similar to a pitiless vivisectionist that with his bit of intelligence boasts about being wise and tortures poor animals in order to discover the enigmas of Nature. The only difference is that in the hypnotic experiment of our narration, the guinea pig is the unhappy hypnotized patient.

The Universal Christian Gnostic Movement teaches practical and effective systems in order to separate the double from the physical body at will, and to consciously travel with the double without harmful and detrimental hypnotic trances.

The wise Law of Contrary Analogies invites us to comprehend that if thirteen subjective and negative states exist during a hypnotic state for the projection of the double, likewise, another thirteen objective and positive states also exist during a healthy and natural projection of the double.

It is urgent to comprehend that whosoever wants to learn how to consciously travel within the double, the first thing that he needs to do is to awaken his consciousness.

Astral projection is no longer a problem when the consciousness awakens. Sacred scriptures insist on the necessity of awakening, but people continue with their consciousness asleep.

The time has arrived in which we have to comprehend that the double (which was registered in some photographic films and which was analyzed by the Colonel Rochas) is not the true Astral Body.

The double has been, is, and shall always be of a molecular, lunar, and protoplasmatic nature.

The Astral Body is a body of an electronic, Solar nature. The Astral Solar Body has nothing vague, vaporous, or subjective. The Astral Solar Body is a body of bones and flesh; it is made out of the flesh from paradise, not from the flesh that comes from Adam.

Ordinary human beings (except those very few rare cases) are always born with the famous lunar double and never with the Solar Astral Body.

The wretched intellectual beast possesses the molecular body or body of desires or lunar double. He does not have a Solar Astral Body. He must build the Solar Astral Body.

Intellectual animals live inside their physical body; yet, during normal sleep and also after death, they live outside of it. Thus, when outside of their physical bodies, they wander around dressed with their molecular double. Pseudo-esoteric and pseudo-occultist people have named the molecular body "Astral Body." Nonetheless, such a molecular body is not the Astral Body.

The so-called "incorporeal travels" are always performed with the lunar double; after having released its physical ties, it can freely travel through the whole Milky Way without any danger.

Any monk can develop the Superior Emotional Center, and if he is really self-determined, he can eliminate (from his interior nature) his lower desires and animal passions. Nevertheless, this is not how one builds the Astral Body.

This issue related with the building of the Astral Body has been, is, and shall always be an absolutely sexual problem.

An occult maxim exists that states: "As above, so below." We can also state: "As below, so above."

If sexual union of the phallus and the uterus is always necessary in order to engender a physical body, then it is also absolutely logical to state that the sexual act is indispensably necessary in order to engender the Solar Astral Body.

Once in a while within this complicated and difficult labyrinth of pseudo-esotericism and pseudo-occultism, some wandering degenerated infrasexual might appear who will possibly state that the Astral Body can be built without the necessity of the sexual act because we already have the two poles, masculine and feminine.

Those imbecile ignoramuses do not want to comprehend that the time of the Lemurian hermaphrodites has already passed, and that creation without sexual cooperation, without the necessity of the sexual act between man and woman, can only be performed by an authentic hermaphrodite.

The Lemurian hermaphrodites had the phallus and the uterus and also all of the male and female organs totally developed; this is why they could

create or reproduce themselves without the necessity of the sexual act. However, all of the pseudo-esoteric and pseudo-occultist people who hate sexual magic have never demonstrated unto us that they have the male and female sexual organs totally developed.

What is as abundant as evil weed in this perverse, corrupted, and doomed Aryan civilization are the false hermaphrodites, meaning, the homosexuals of Lilith, the gays.

The Sexual Hydrogen is developed within the human organism according to the musical scale DO-RE-MI-FA-SOL-LA-SI.

The Sexual Hydrogen SI-12 is very abundant in the semen [sexual energy, whether in a male or female body]; this type of Hydrogen crystallizes into new human bodies, and when it is wisely transmuted, it takes form within the Astral Body.

By restraining the sexual impulse in order to avoid the ejaculation of semen, the Sexual Hydrogen SI-12 receives a special shock that passes it into another second superior octave. This new octave is processed according to the seven notes of the scale DO-RE-MI-FA-SOL-LA-SI.

An occultist must never ignore that the transformation of the substances within the human organism is processed according to the Law of the Octaves.

The union of the Sexual Hydrogens SI-12 (from a male and female and everything that accompanies these two unities) allows us to pass the Sexual Hydrogen into another second superior octave, whose outcome is the crystallization of the mentioned Hydrogen into the marvelous form that is the Astral Body. Such a body of perfection is born of the same material, of the same substance, of the same matter from which the physical body is born. Indeed, this is what the transmutation of lead into gold is; in other words, the transmutation of the physical body into the Astral Body.

Any organism needs its nourishment, and the Astral Body is no exception. The nourishment of this Body of Gold is Hydrogen 24.

Useless Dreams

Let us now talk about something very important: I want to emphatically address the subject-matter related with dreams. The hour in which we must delve deeply within this topic has arrived.

I acknowledge that the most important thing is to stop dreaming, since indeed, dreams are nothing other than mere projections of the mind and are, therefore, illusions; they are worthless.

It is precisely the ego who projects dreams, and obviously those dreams are useless.

We need to transform the subconsciousness into consciousness. We need to radically eliminate not only dreams, but moreover, we must also eliminate the very possibility of dreaming, and this is difficult, since it is unquestionable that such a possibility will always exist so long as subjective elements continue to exist within our psyche.

We need a mind that does not project; we need to exhaust the process of thinking. The projector-mind projects dreams, and these are vain and illusory. When I talk about the mind as being a projector, I am not referring merely to "projects," such as the ones made by an engineer who sketches or designs the blueprints for a building, a bridge, or a road, no; when I am talking about the mind as a projector, I am addressing the mind of every intellectual animal. It is clear that the subconsciousness always projects not only houses, buildings, or things of the sort; to be clear, it also projects its own memories, its own desires, its own emotions, passions, ideas, experiences, etc. Again, the projector-mind projects dreams, and it is clear that projections will exist as long as the subconsciousness continues to exist. When the subconsciousness ceases to exist, when it has been transformed into consciousness, then projections cease, they can no longer exist; they disappear.

If we want to attain authentic illumination, then it is necessary and urgent to transform the subconsciousness into consciousness. Indubitably, such a transformation is only possible by annihilating the subconsciousness. Yet, the subconsciousness is the ego; so then, we must annihilate the ego, the "I," the myself, the self-willed. Yes, this is how the subconsciousness is transformed into consciousness. Consequently, it is necessary for the

subconsciousness to cease to exist, so that the objective, real, and true consciousness can appear and occupy its place.

In other words, as long as any subjective element—as insignificant as it might be—continues to exist within each one of us, here and now, the possibility of dreaming will persist; however, when the subjective elements are terminated, when not a single subjective element lingers within our psyche, then the outcome is objective consciousness, authentic and true illumination.

Thus, an individual who possesses objective consciousness, who has eliminated the subconsciousness, lives completely awakened within the supersensible worlds, and while his physical body sleeps in the bed, he will move in those worlds willingly: seeing, hearing, and perceiving the great realities of the superior worlds.

Therefore, it is one thing to go about within the hypersensible worlds with objective consciousness, in other words, with awakened consciousness, and it is another to do so in a subjective or subconscious state, in other words, by going around projecting dreams.

Lo and behold the great difference between the one who goes around projecting dreams within those hypersensible regions, and the one who lives there without making any projections, who has his consciousness completely awakened, illuminated, in a state of a super-exalted vigilance. Obviously, the latter is truly an enlightened one, and can (if he wishes) investigate the mysteries of life and death and know all of the enigmas of the universe.

A certain author states somewhere that dreams are nothing other than disguised ideas, and if this statement is factual, we then can clarify this matter a little more by stating that “dreams are projections of the mind” and therefore, are false and vain; thus, whosoever lives awakened no longer dreams.

Without having died within themselves, without having annihilated the ego, the “I”, the myself, no one can live awakened; this is why I want all of you brothers and sisters to occupy yourselves with the disintegration of your egos, because only thus, by disintegrating your terrible legion, can you be radically awakened.

Indubitably, to eliminate our subjective elements is not easy, since they are many and widely varied. This elimination is processed in a didactical way, little by little. Therefore, accordingly, as one is eliminating such elements, one is objectifying one’s consciousness. Thus, when elimination

has become absolute, then the consciousness has become totally objectified, awakened; then the possibility of dreaming has been terminated, concluded.

The great adepts of the Universal White Fraternity do not dream, since they possess objective consciousness; for them the possibility of dreaming has disappeared. Thus, one finds them within the superior worlds in a state of intensified vigilance, totally illuminated, and directing the current of the innumerable centuries, governing the laws of nature, converted into Gods who are beyond good and evil.

It is therefore indispensable to comprehend this matter in depth. Thus, in order for all of you to have an exact summary of this, I want to tell you the following:

The subconsciousness is the ego; thus, annihilate the ego and the consciousness will awaken.

The subconscious elements are infrahuman elements that every one of us carries within, therefore destroy them and the possibility of dreaming will cease.

Dreams are projections of the ego and therefore they are worthless.

The ego is mind.

Dreams are projections of the mind.

You must mark down the following with much attention: It is indispensable to stop projecting.

We must not only stop projecting things of the future, but of the past, since we live constantly projecting things from yesterday.

We must also stop projecting every type of present emotions, morbidities, passions, etc.

The projections of the mind are therefore infinite; as a consequence, the possibilities of dreaming are infinite. Therefore, how can a dreamer be considered an illuminated one? Obviously, the dreamer is nothing other than a dreamer who does not know anything about the reality of things, about that which is beyond the world of dreams.

It is indispensable that our brothers and sisters of the Gnostic Movement concern themselves with their awakening. Thus, for this, it is required that they truly dedicate themselves to the dissolution of their "I," their ego, their myself, their self-willed; may that be their main preoccupation. Accordingly, as they are dying within themselves, their consciousness will become each time more and more objective; thus, the possibilities of dreaming will diminish in a progressive way.

It is indispensable to meditate in order to comprehend our psychological errors. When one comprehends that one has this or that defect or error, one can give to oneself the luxury of eliminating it, as I taught in my book entitled The Mystery of the Golden Blossom.

To eliminate this or that error, this or that psychological defect, is equivalent to eliminating this or that psychological aggregate, this or that subjective element, within which subsists the possibilities of dreaming or projecting dreams.

When we want to eliminate a defect, an error or a psychic aggregate, we must first of all comprehend it; nonetheless, brothers and sisters, it is not enough to only comprehend, it is necessary to delve even deeper, to be more profound: it is necessary to "capture" the deep significance of that which one has comprehended, and one can only achieve such a "capture" by means of a very internal, in-depth, profound meditation...

The one who has captured the deep significance of that which has been comprehended has the possibility of eliminating it. To eliminate psychic aggregates is urgent. Psychic aggregates and psychological defects are basically the same. Thus any psychic aggregate is nothing else than the expression of a type of psychological defect...

That there is the need to eliminate them, this is clear. However, we must first of all comprehend them and also to have captured their deep significance. Thus, this is how we die from moment to moment; the new comes to us only with death.

Many want to be awakened in the Astral, Mental, etc., planes, yet they do not preoccupy themselves with psychological death, and what is worse is that they confuse their dreams with true mystical experiences. Dreams, which are nothing other than simple projections of the subconsciousness, are one thing, yet real mystical experiences are another thing. Any authentic mystical experience demands the state of alertness and awakened consciousness. I cannot conceive of mystical experiences with sleeping consciousness. Therefore, the mystical, real and authentic experience only arrives when the objectiveness of the consciousness has been achieved, when we are awakened.

May all our brothers and sisters profoundly reflect upon all of this. Study our book The Mystery of the Golden Blossom. May everyone preoccupy themselves with dying from moment to moment. Only in this way can they achieve the total objectiveness of their consciousness.

Question: Master, are all of those crowds who go everywhere running like mad people asleep? Are they going around projecting? Are they dreaming? Are they alienated to themselves?

Samael Aun Weor: Indeed, those people who go everywhere in a mad rush, running, they are dreaming. It is not necessary for their physical bodies to be resting, snoring in their beds at midnight, in order for them to be dreaming. People dream right here in flesh and bone, just as you see them, running as mad people in the street, as they go around in this constant coming and going, like machines without rhyme or reason, nor any orientation. Thus, in the same way they go around within the internal worlds when their physical body sleeps in their bed.

Regrettably, what happens is that people who are daydreaming in their life, that go around dreaming in their wrongly called "state of vigil" (since, in that state, one always see them sleeping, dreaming), when the hour in which their physical bodies must rest in their bed arrives, they abandon their physical vehicle and penetrate within the supersensible worlds; however, they carry their dreams to such regions. In other words, each one carries their dreams to the internal worlds, as much as during the hours in which the physical body is sleeping, as well as after their physical death.

Indeed, people die without knowing how, and, dreaming, they enter into the internal worlds and there they live, dreaming; thereafter, they are born without knowing at what time or how, and continue going around dreaming in their practical life constantly.

Therefore, it is not strange that people accidentally die under the wheels of cars, that they commit so much madness, since this happens because they have their consciousness asleep, since they are dreaming...

It is indispensable to cease dreaming. The one who ceases dreaming here and now also ceases dreaming in any corner of the universe and can then go everywhere awakened. The one who awakens here and now awakens in the infinite, in the superior worlds, in any place of the cosmos.

What is important is to awaken here and now, in this very moment in which we are talking, to awaken from instant to instant, from moment to moment.

Glossary

Astral: This term is derived from “pertaining to or proceeding from the stars,” but in the esoteric knowledge it refers to the emotional aspect of the fifth dimension, which in Hebrew is called Hod.

Astral Body: The body utilized by the consciousness in the fifth dimension or world of dreams. What is commonly called the Astral Body is not the true Astral Body, it is rather the Lunar Protoplasmatic Body, also known as the Kama Rupa (Sanskrit, “body of desires”) or “dream body” (Tibetan rmi-lam-gyi lus). The true Astral Body is Solar (being superior to Lunar Nature) and must be created, as the Master Jesus indicated in the Gospel of John 3:5-6, “Except a man be born of water and of the Spirit, he cannot enter into the kingdom of God. That which is born of the flesh is flesh; and that which is born of the Spirit is spirit.” The Solar Astral Body is created as a result of the Third Initiation of Major Mysteries (Serpents of Fire), and is perfected in the Third Serpent of Light. In Tibetan Buddhism, the Solar Astral Body is known as the illusory body (sgyu-lus). This body is related to the emotional center and to the sephirah Hod.

“Really, only those who have worked with the Maithuna (White Tantra) for many years can possess the Astral Body.” - Samael Aun Weor, The Elimination of Satan’s Tail

Centers, Seven: The human being has seven centers of psychological activity. The first five are the Intellectual, Emotional, Motor, Instinctive, and Sexual Centers (these are also described as “three brains” with the three physical centers grouped as one “brain”). Through inner development, one learns how to utilize the Superior Emotional and Superior Intellectual Centers. Most people do not use these two at all.

Chakra: (Sanskrit) Literally, “wheel.” The chakras are subtle centers of energetic transformation. There are hundreds of chakras in our hidden physiology, but seven primary ones related to the awakening of consciousness.

“The chakras are points of connection through which the divine energy circulates from one to another vehicle of the human being.” - Samael Aun Weor, Aztec Christic Magic

Consciousness: "Wherever there is life, there exists the consciousness.

Consciousness is inherent to life as humidity is inherent to water." -

Samael Aun Weor, Fundamental Notions of Endocrinology and Criminology

From various dictionaries: 1. The state of being conscious; knowledge of one's own existence, condition, sensations, mental operations, acts, etc. 2. Immediate knowledge or perception of the presence of any object, state, or sensation. 3. An alert cognitive state in which you are aware of yourself and your situation. In Universal Gnosticism, the range of potential consciousness is allegorized in the Ladder of Jacob, upon which the angels ascend and descend. Thus there are higher and lower levels of consciousness, from the level of demons at the bottom, to highly realized angels in the heights.

"It is vital to understand and develop the conviction that consciousness has the potential to increase to an infinite degree." - The 14th Dalai Lama.

"Light and consciousness are two phenomena of the same thing; to a lesser degree of consciousness, corresponds a lesser degree of light; to a greater degree of consciousness, a greater degree of light." - Samael Aun Weor, The Esoteric Treatise of Hermetic Astrology

Ego: The multiplicity of contradictory psychological elements that we have inside are in their sum the "ego." Each one is also called "an ego" or an "I." Every ego is a psychological defect which produces suffering. The ego is three (related to our Three Brains or three centers of psychological processing), seven (capital sins), and legion (in their infinite variations).

"The ego is the root of ignorance and pain." - Samael Aun Weor, The Esoteric Treatise of Hermetic Astrology

"The Being and the ego are incompatible. The Being and the ego are like water and oil. They can never be mixed... The annihilation of the psychic aggregates (egos) can be made possible only by radically comprehending our errors through meditation and by the evident Self-reflection of the Being." - Samael Aun Weor, The Pistis Sophia Unveiled

Fornication: Originally, the term fornication was derived from the Indo-European word *gwher*, whose meanings relate to heat and burning. For centuries, the meaning of fornication has been mistakenly conflated

with the word adultery. Yet, in reality, these are distinctly different acts, which is why they are distinct in scriptures from all religions. The full explanation can be found online at Sacred-Sex.org

Fornication means to make the heat (solar fire) of the seed (sexual power) leave the body through voluntary orgasm. Any voluntary orgasm is fornication, whether between a married man and woman, or an unmarried man and woman, or through masturbation, or in any other case; this is explained by Moses:

“A man from whom there is a discharge of semen, shall immerse all his flesh in water, and he shall remain unclean until evening. And any garment or any leather [object] which has semen on it, shall be immersed in water, and shall remain unclean until evening. A woman with whom a man cohabits, whereby there was [a discharge of] semen, they shall immerse in water, and they shall remain unclean until evening.” - Leviticus 15:16-18

To “fornicate” is to spill the sexual energy through the orgasm. Those who “deny themselves” restrain the sexual energy, and “walk in the midst of the fire” without being burned. Those who restrain the sexual energy, who renounce the orgasm, remember God in themselves, and do not defile themselves with animal passion, “for the temple of God is holy, which temple ye are.”

“Whosoever is born of God doth not commit sin; for his seed remaineth in him: and he cannot sin, because he is born of God.” - 1 John 3:9

This is why neophytes always took a vow of sexual abstention, so that they could prepare themselves for marriage, in which they would have sexual relations but not release the sexual energy through the orgasm. This is why Paul advised:

“...they that have wives be as though they had none...” - 1 Corinthians 7:29

“Flee fornication. Every sin that a man doeth is without the body; but he that committeth fornication sinneth against his own body.” - 1

Corinthians 6:18

“A fornicator is an individual who has intensely accustomed his genital organs to copulate (with orgasm). Yet, if the same individual changes his custom of copulation to the custom of no copulation, then he transforms himself into a chaste person. We have as an example the

astonishing case of Mary Magdalene, who was a famous prostitute. Mary Magdalene became the famous Saint Mary Magdalene, the repented prostitute. Mary Magdalene became the chaste disciple of Christ.” - Samael Aun Weor, The Revolution of Beelzebub

Gnosis: (Greek) Knowledge.

1. The word Gnosis refers to the knowledge we acquire through our own experience, as opposed to knowledge that we are told or believe in. Gnosis - by whatever name in history or culture - is conscious, experiential knowledge, not merely intellectual or conceptual knowledge, belief, or theory. This term is synonymous with the Hebrew “daath” and the Sanskrit “jna.”

2. The tradition that embodies the core wisdom or knowledge of humanity.

“Gnosis is the flame from which all religions sprouted, because in its depth Gnosis is religion. The word “religion” comes from the Latin word “religare,” which implies “to link the Soul to God”; so Gnosis is the very pure flame from where all religions sprout, because Gnosis is Knowledge, Gnosis is Wisdom.” - Samael Aun Weor, The Esoteric Path

“The secret science of the Sufis and of the Whirling Dervishes is within Gnosis. The secret doctrine of Buddhism and of Taoism is within Gnosis. The sacred magic of the Nordics is within Gnosis. The wisdom of Hermes, Buddha, Confucius, Mohammed and Quetzalcoatl, etc., etc., is within Gnosis. Gnosis is the Doctrine of Christ.” - Samael Aun Weor, The Revolution of Beelzebub

Hydrogen: (From hydro- water, gen- generate, genes, genesis, etc.) The hydrogen is the simplest element on the periodic table and in Gnosticism it is recognized as the element that is the building block of all forms of matter. Hydrogen is a packet of solar light. The solar light (the light that comes from the sun) is the reflection of the Okidanok, the Cosmic Christ, which creates and sustains every world. This element is the fecundated water, generated water (hydro). The water is the source of all life. Everything that we eat, breathe and all of the impressions that we receive are in the form of various structures of hydrogen. Samael Aun Weor often will place a note (Do, Re, Mi...) and a number related with the vibration and atomic weight (level of complexity) with a particular hydrogen. For example, Samael Aun

Weor constantly refers to the Hydrogen Si-12. "Si" is the highest note in the octave and it is the result of the notes that come before it. This particular hydrogen is always related to the forces of Yesod, which is the synthesis and coagulation of all food, air and impressions that we have previously received. Food begins at Do-768, air begins at Do-384, and impressions begin at Do-48.

Illuminating Void: The Absolute Abstract Space from which everything emerges and eventually returns. Also known as Ain Soph, Brahman, Emptiness, Satori, Sunyata, etc.

"The Illuminating Void is impossible to describe in human words. It is indefinable or indescribable. As was said by the Zen teacher Huai Jang: "Whatever is said misses the main point." Buddhist teachings about Emptiness are comprehensive and profound and require much study before being understood. Only in the absence of the ego can we directly experience Illuminating Emptiness." - Samael Aun Weor, The Mystery of the Golden Blossom

Initiation: The process whereby the Innermost (the Inner Father) receives recognition, empowerment and greater responsibilities in the Internal Worlds, and little by little approaches His goal: complete Self-realization, or in other words, the return into the Absolute. Initiation NEVER applies to the "I" or our terrestrial personality.

"Nine Initiations of Minor Mysteries and seven great Initiations of Major Mysteries exist. The INNERMOST is the one who receives all of these Initiations. The Testament of Wisdom says: "Before the dawning of the false aurora upon the earth, the ones who survived the hurricane and the tempest were praising the INNERMOST, and the heralds of the aurora appeared unto them." The psychological "I" does not receive Initiations. The human personality does not receive anything. Nonetheless, the "I" of some Initiates becomes filled with pride when saying 'I am a Master, I have such Initiations.' Thus, this is how the "I" believes itself to be an Initiate and keeps reincarnating in order to "perfect itself", but, the "I" never ever perfects itself. The "I" only reincarnates in order to satisfy desires. That is all." - Samael Aun Weor, The Aquarian Message

Internal Worlds: The many dimensions beyond the physical world. These dimensions are both subjective and objective. To know the objective internal worlds (the Astral Plane, or Nirvana, or the Klipoth) one must

first know one's own personal, subjective internal worlds, because the two are intimately associated.

"Whosoever truly wants to know the internal worlds of the planet Earth or of the solar system or of the galaxy in which we live, must previously know his intimate world, his individual, internal life, his own internal worlds. Man, know thyself, and thou wilt know the Universe and its Gods. The more we explore this internal world called "myself," the more we will comprehend that we simultaneously live in two worlds, in two realities, in two confines: the external and the internal. In the same way that it is indispensable for one to learn how to walk in the external world so as not to fall down into a precipice, or not get lost in the streets of the city, or to select one's friends, or not associate with the perverse ones, or not eat poison, etc.; likewise, through the psychological work upon oneself we learn how to walk in the internal world, which is explorable only through Self-observation." - Samael Aun Weor, Revolutionary Psychology

Through the work in Self-observation, we develop the capacity to awaken where previously we were asleep: including in the objective internal worlds.

Kabbalah: (Hebrew) Alternatively spelled Cabala, Qabalah from the Hebrew KBLH or QBL, "to receive." An ancient esoteric teaching hidden from the uninitiated, whose branches and many forms have reached throughout the world. The original Kabbalah is far older than any religion on Earth. The true Kabbalah is the science and language of the Superior Worlds and is thus objective, complete and without flaw; it is said that "All enlightened beings agree," and their natural agreement is a function of the awakened consciousness. The Kabbalah is the language of that consciousness, thus disagreement regarding its meaning and interpretation is always due to the subjective elements in the psyche.

"The objective of studying the Kabbalah is to be skilled for work in the Internal Worlds... One that does not comprehend remains confused in the Internal Worlds. Kabbalah is the basis in order to understand the language of these worlds." - Samael Aun Weor, Tarot and Kabbalah

Kundalini: "Kundalini, the serpent power or mystic fire, is the primordial energy or Sakti that lies dormant or sleeping in the Muladhara Chakra, the centre of the body. It is called the serpentine or annular power on account of serpentine form. It is an electric fiery occult power, the

great pristine force which underlies all organic and inorganic matter. Kundalini is the cosmic power in individual bodies. It is not a material force like electricity, magnetism, centripetal or centrifugal force. It is a spiritual potential Sakti or cosmic power. In reality it has no form. [...] O Divine Mother Kundalini, the Divine Cosmic Energy that is hidden in men! Thou art Kali, Durga, Adisakti, Rajarajeswari, Tripurasundari, Maha-Lakshmi, Maha-Sarasvati! Thou hast put on all these names and forms. Thou hast manifested as Prana, electricity, force, magnetism, cohesion, gravitation in this universe. This whole universe rests in Thy bosom. Crores of salutations unto thee. O Mother of this world! Lead me on to open the Sushumna Nadi and take Thee along the Chakras to Sahasrara Chakra and to merge myself in Thee and Thy consort, Lord Siva. Kundalini Yoga is that Yoga which treats of Kundalini Sakti, the six centres of spiritual energy (Shat Chakras), the arousing of the sleeping Kundalini Sakti and its union with Lord Siva in Sahasrara Chakra, at the crown of the head. This is an exact science. This is also known as Laya Yoga. The six centres are pierced (Chakra Bheda) by the passing of Kundalini Sakti to the top of the head. 'Kundala' means 'coiled'. Her form is like a coiled serpent. Hence the name Kundalini."

- Swami Sivananda, Kundalini Yoga

Master: Like many terms related to spirituality, this one is grossly misunderstood. Samael Aun Weor wrote while describing the Germanic *Edda*, "In this Genesis of creation we discover Sexual Alchemy. The Fire fecundated the cold waters of chaos. The masculine principle Alfadur fecundated the feminine principle Niffleheim, dominated by Surtur (the Darkness), to bring forth life. That is how Ymir is born, the father of the giants, the Internal God of every human being, the Master." Therefore, the Master is the Innermost, Atman, the Father.

"The only one who is truly great is the Spirit, the Innermost. We, the intellectual animals, are leaves that the wind tosses about... No student of occultism is a Master. True Masters are only those who have reached the Fifth Initiation of Major Mysteries. Before the Fifth Initiation nobody is a Master." - Samael Aun Weor, The Perfect Matrimony

Meditation: "When the esotericist submerges himself into meditation, what he seeks is information." - Samael Aun Weor

"It is urgent to know how to meditate in order to comprehend any psychic aggregate, or in other words, any psychological defect. It is indispensable to know how to work with all our heart and with all our soul, if we want the elimination to occur." - Samael Aun Weor, The Pistis Sophia Unveiled

"1. The Gnostic must first attain the ability to stop the course of his thoughts, the capacity to not think. Indeed, only the one who achieves that capacity will hear the Voice of the Silence.

"2. When the Gnostic disciple attains the capacity to not think, then he must learn to concentrate his thoughts on only one thing.

"3. The third step is correct meditation. This brings the first flashes of the new consciousness into the mind.

"4. The fourth step is contemplation, ecstasy or Samadhi. This is the state of Turiya (perfect clairvoyance). - Samael Aun Weor, The Perfect Matrimony

Objective: [See: Subjective]

Ray of Creation: The light of the Ain Soph Aur, also known as the Okidanokh, Quetzalcoatl, Kulkulcan, Krestos, and Christ. This Ray descends as a lightning bolt, creating and illuminating all the levels of existence.

"The proper arrangement of the Ray of Creation is as follows:

1. Absolute - Protocosmos
2. All the worlds from all of the clusters of Galaxies - Ayocosmos
3. A Galaxy or group of Suns - Macrococosmos
4. The Sun, Solar System - Deuterocosmos
5. The Earth, or any of the planets - Mesocosmos
6. The Philosophical Earth, Human Being - Microcosmos
7. The Abyss, Hell - Tritocosmos

"The brothers and sisters of the Gnostic Movement must deeply comprehend the esoteric knowledge which we give in this Christmas Message, in order for them to exactly know the place that they occupy in the Ray of Creation." - Samael Aun Weor, The Elimination of Satan's Tail

Samadhi: (Sanskrit) Literally means “union” or “combination” and its Tibetan equivalent means “adhering to that which is profound and definitive,” or ting nge dzin, meaning “To hold unwaveringly, so there is no movement.” Related terms include satori, ecstasy, mantia, etc. Samadhi is a state of consciousness. In the west, the term is used to describe an ecstatic state of consciousness in which the Essence escapes the painful limitations of the mind (the “I”) and therefore experiences what is real: the Being, the Great Reality. There are many levels of Samadhi. In the sutras and tantras the term Samadhi has a much broader application whose precise interpretation depends upon which school and teaching is using it.

“Ecstasy is not a nebulous state, but a transcendental state of wonderment, which is associated with perfect mental clarity.” - Samael Aun Weor, The Elimination of Satan’s Tail

Self-observation: An exercise of attention, in which one learns to become an indifferent observer of one’s own psychological process. True Self-observation is an active work of directed attention, without the interference of thought.

“We need attention intentionally directed towards the interior of our own selves. This is not a passive attention. Indeed, dynamic attention proceeds from the side of the observer, while thoughts and emotions belong to the side which is observed.” - Samael Aun Weor, Revolutionary Psychology

Self-realization: The achievement of perfect knowledge. This phrase is better stated as, “The realization of the Innermost Self,” or “The realization of the true nature of self.” At the ultimate level, this is the experiential, conscious knowledge of the Absolute, which is synonymous with Emptiness, Shunyata, or Non-being.

Self-remembering: A state of active consciousness, controlled by will, that begins with awareness of being here and now. This state has many levels (see: Consciousness). True Self-remembering occurs without thought or mental processing: it is a state of conscious perception and includes the remembrance of the inner Being.

Semen: The sexual energy of any creature or entity. In Gnosis, “semen” is a term used for the sexual energy of both masculine and feminine bodies. For a complete definition, see: Semen.

Solar Bodies: The physical, vital, astral, mental, and casual bodies that are created through the beginning stages of Alchemy/Tantra and that provide a basis for existence in their corresponding levels of nature, just as the physical body does in the physical world. These bodies or vehicles are superior due to being created out of Solar (Christic) Energy, as opposed to the inferior, lunar bodies we receive from nature. Also known as the Wedding Garment (Christianity), the Merkabah (Kabbalah), To Soma Heliakon (Greek), and Sahu (Egyptian).

“All the Masters of the White Lodge, the Angels, Archangels, Thrones, Seraphim, Virtues, etc., etc., etc. are garbed with the Solar Bodies. Only those who have Solar Bodies have the Being incarnated. Only someone who possesses the Being is an authentic Human Being.” - Samael Aun Weor, The Esoteric Treatise of Hermetic Astrology

Subjective: “What do modern psychologists understand as ‘objective?’ They understand it to be that which is external to the mind: the physical, the tangible, the material.

“Yet, they are totally mistaken, because when analysing the term “subjective,” we see that it signifies “sub, under,” that which is below the range of our perceptions. What is below our perceptions? Is it not perhaps the Infernal Worlds? Is it not perhaps subjective that which is in the physical or beneath the physical? So, what is truly subjective is what is below the limits of our perceptions.

“Psychologists do not know how to use the former terms correctly.

“Objective: the light, the resplendence; it is that which contains the Truth, clarity, lucidity.

“Subjective: the darkness, the tenebrous. The subjective elements of perception are the outcome of seeing, hearing, touching, smelling and tasting. All of these are perceptions of what we see in the third dimension. For example, in one cube we see only length, width and height. We do not see the fourth dimension because we are bottled up within the ego. The subjective elements of perception are constituted by the ego with all of its “I’s.” - Samael Aun Weor, Tarot and Kabbalah

Triamatzikamno: The Law of Three, the Trinity, which creates. In any form of creation, there are always three forces.

Yoga: (Sanskrit) “union.” Similar to the Latin “religare,” the root of the word “religion.” In Tibetan, it is “mal-’byor” which means “union with the fundamental nature of reality.”

“The word YOGA comes from the root Yuj which means to join, and in its spiritual sense, it is that process by which the human spirit is brought into near and conscious communion with, or is merged in, the Divine Spirit, according as the nature of the human spirit is held to be separate from (Dvaita, Visishtadvaita) or one with (Advaita) the Divine Spirit.” - Swami Sivananda, *Kundalini Yoga*

“Patanjali defines Yoga as the suspension of all the functions of the mind. As such, any book on Yoga, which does not deal with these three aspects of the subject, viz., mind, its functions and the method of suspending them, can be safely laid aside as unreliable and incomplete.” - Swami Sivananda, *Practical Lessons In Yoga*

“The word yoga means in general to join one’s mind with an actual fact...” - The 14th Dalai Lama

“The soul aspires for the union with his Innermost, and the Innermost aspires for the union with his Glorian.” - Samael Aun Weor, The Revolution of Beelzebub

“All of the seven schools of Yoga are within Gnosis, yet they are in a synthesized and absolutely practical way. There is Tantric Hatha Yoga in the practices of the Maithuna (Sexual Magic). There is practical Raja Yoga in the work with the chakras. There is Gnana Yoga in our practices and mental disciplines which we have cultivated in secrecy for millions of years. We have Bhakti Yoga in our prayers and Rituals. We have Laya Yoga in our meditation and respiratory exercises. Samadhi exists in our practices with the Maithuna and during our deep meditations. We live the path of Karma Yoga in our upright actions, in our upright thoughts, in our upright feelings, etc.” - Samael Aun Weor, The Revolution of Beelzebub

“The Yoga that we require today is actually ancient Gnostic Christian Yoga, which absolutely rejects the idea of Hatha Yoga. We do not recommend Hatha Yoga simply because, spiritually speaking, the acrobatics of this discipline are fruitless; they should be left to the acrobats of the circus.” - Samael Aun Weor, The Yellow Book

“Yoga has been taught very badly in the Western World. Multitudes of pseudo-sapient Yogis have spread the false belief that the true Yogi

must be an infrasexual (an enemy of sex). Some of these false yogis have never even visited India; they are infrasexual pseudo-yogis. These ignoramuses believe that they are going to achieve in-depth realization only with the yogic exercises, such as asanas, pranayamas, etc. Not only do they have such false beliefs, but what is worse is that they propagate them; thus, they misguide many people away from the difficult, straight, and narrow door that leads unto the light. No authentically Initiated Yogi from India would ever think that he could achieve his inner self-realization with pranayamas or asanas, etc. Any legitimate Yogi from India knows very well that such yogic exercises are only co-assistants that are very useful for their health and for the development of their powers, etc. Only the Westerners and pseudo-yogis have within their minds the belief that they can achieve Self-realization with such exercises. Sexual Magic is practiced very secretly within the Ashrams of India. Any True Yogi Initiate from India works with the Arcanum A.Z.F. This is taught by the Great Yogis from India that have visited the Western world, and if it has not been taught by these great, Initiated Hindustani Yogis, if it has not been published in their books of Yoga, it was in order to avoid scandals. You can be absolutely sure that the Yogis who do not practice Sexual Magic will never achieve birth in the Superior Worlds. Thus, whosoever affirms the contrary is a liar, an impostor.” - Samael Aun Weor, Alchemy & Kabbalah

Yogi: (Sanskrit) male yoga practitioner.

Yogini: (Sanskrit) female yoga practitioner.

About the Author

The name Samael Aun Weor is Hebrew and is pronounced “sam-ayel on vay-ohr.”

Between 1950 and 1977—merely twenty-seven years—Samael Aun Weor wrote over seventy books and established the international Gnostic Movement across the entire span of Latin America: stretching across twenty countries and an area of more than 21,000,000 kilometers, with Gnostic schools everywhere, even in places where there are no electricity, paved roads, or post offices.

During those twenty-seven years, he experienced all the extremes that humanity could give him, from adoration to death threats, and in spite of the enormous popularity of his books and lectures, he renounced an income, refused recognitions, walked away from accolades, and consistently turned away those who would worship him. He held as friends both presidents and peasants, and yet remained a mystery to all.

When one reflects on the effort and will it requires to perform even day to day tasks, it is astonishing to consider the herculean efforts required to accomplish what he did in such a short time. But, there is a reason: he was a man who knew who he was, and what he had to do. Yet, in spite of his wisdom and generosity towards mankind, he said: “Do not follow me. I am just a signpost. Reach your own Self-realization.” His lifelong mission was to deliver to humanity the total and exact science to develop the complete human being, that mysterious and ancient wisdom long hidden in the bosom of every great religion. You can learn more about him at SamaelAunWeor.info

Books by Samael Aun Weor

Alchemy and Kabbalah

The Aquarian Message

Aztec Christic Magic

Beyond Death: The Gnostic Book of the Dead

Cosmic Ships

Cosmic Teachings of a Lama

The Divine Science (Collected Writings)

The Doomed Aryan Race

Dream Yoga (Collected Writings)

The Elimination of Satan's Tail

Fundamentals of Gnostic Education

Fundamental Notions of Endocrinology and Criminology

Gazing at the Mystery

Gnostic Anthropology

Gnostic Bible: The Pistis Sophia Unveiled

The Gnostic Magic of the Runes

The Great Rebellion

Hell, the Devil, and Karma

Igneous Rose

Introduction to Gnosis

Kundalini Yoga: The Mysteries of the Fire

Light from Darkness

The Major Mysteries

The Mystery of the Golden Blossom

Occult Medicine and Practical Magic

Parsifal Unveiled

The Perfect Matrimony: The Door to Enter into Initiation

Practical Astrology (Collected Writings)

The Revolution of Beelzebub